

Kobota

Giving birth



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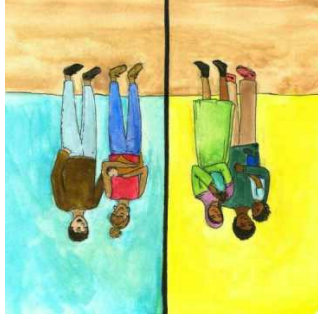
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Selamawit azali na mbula 29. Abotaki mwana na ye ya liboso na Érythrée. Ye na libota na ye bakutanaki na mikakatano kuna, yango wana bazwaki mokano ya kokende na Italie.

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Selamawit is 29 years old. She gave birth to her first child in Eritrea. She and her family had a hard time there, so they decided to go to Italy.



Basi yango nyonso mibale babotaki bana na nzoto kolongono. Selamawit abotaki mwana mosusu ya mobali, kasi Inga abotaki mwana mwas! Mibali na bango bazalaki na lolendo makasi, mpe bazalaki kopesa sango na bato nyonso oyo bayebanaki na bango na ntina ya bokasi na nzoto ya basi na bango mpe na nzoto kolongono ya bana.

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Both women gave birth to healthy babies. Selamawit had another son, while Inga had a daughter. Their husbands were very proud, and they told everyone they knew about their strong wives and healthy children.



Inga alonguaki na ndako yambo akokisa mbula 19. Akendaki kofanda na Norvège mpe kuna abotaki mwana na ye ya liboso.

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Inga left home just before she turned 19. She moved to Norway and had her first child there.



Ntango Selamawit akomaki na zemi ya mwana na ye ya mibale, azalaki komituna soki ekozala ndenge nini kobota mwana na mboka mopaya.

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When Selamawit became pregnant with her second child, she wondered what it would be like to have a child in a different country.



Inga na monganga na ye bayokanaki ete akutana na mwasi oyo abotisaka mpo na kotala ye mbala na mbala ntango azali na zemi. Mwasi oyo abotisaka apesaki ye toli na ntina na bilei mpe kopema, mpe ayebisaki ye ndenge akoki komibatela malamumu mpe kobatela mwana na ye.

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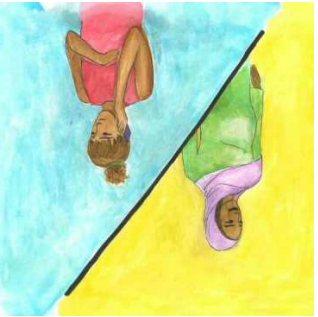
Inga and her doctor agreed that she would meet a midwife for regular check-ups during her pregnancy. The midwife gave her advice on food and rest, and information on how to keep herself and her baby safe and well.



Ntango moninga ya Inga oyo bavondaka penepene ayokaki ete alingi abota, ayebisaki ye akende epai ya monganga soki kaka akómi na zemi. Na lolenge wana nde akokoka koyeba soki ye na mwana na ye bazali na nzoto kolongono. Monganga ayebisaki ye amela acide folique, vitamini oyo ezali na ntina mpo na basi ya zemi.

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When Inga's neighbour heard that she was trying to have a baby, the neighbour told her to see a doctor as soon as she was pregnant. That way she could make sure that she and her baby were healthy. The doctor told her to take folic acid, a vitamin that is important for pregnant women.



Selamawit na Inga bawutá na bisika ekese ni. Selamawit azalaki komiyoka kimia mpo ayebaki ndenge ya kobota. Inga asololaki na mama na ye na oyo etali kobota.

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Selamawit and Inga come from different backgrounds. Selamawit felt safe because she had experience with giving birth. Inga talked to her mother about giving birth.



Bango mibalé bana basi bayokaki ete, na mikili mingi ya Mpoto, basi ya zemi bazali na lotomo ya kozwa lisalisi ya minganga liboso babota. Yango elingi koloba ete bakozwa lisungi ntango bazali na zemi. Selamawit azwaki mokolo ya bokutani na monganga na ye ntango ayebaki ete azali na zemi. Mobali ya Selamawit amemaki ye epai ya monganga.

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Both women had heard that, in most European countries, pregnant women have the right to antenatal care. This means that they will get help during their pregnancies. Selamawit made an appointment with her doctor as soon as she realised she was pregnant. Selamawit's husband drove her to the doctor.



Monganga asalaki ye baekzame mpe amonaki Selamawit azali na bokono ya sukali oyo basi mosusu ya zemi babelaka. Asengelaki koliaka malamumu mpe asalaka fiziki. Selamawit asepelaki ndenge akendaki epai ya monganga, liboso ete ye na mwana na ye babelaka.

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The doctor did some tests and found out that Selamawit had a kind of diabetes that some pregnant women get. She had to eat healthy food and exercise. Selamawit was glad she went to the doctor early, before she and her baby became ill.