

നാമുമാ

Giving birth



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Inu [th] / English [en]



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เสลามาวิตอายุ 29 ปี เธอคลอดลูกคนแรกในประเทศ
เอริเทรีย เธอและครอบครัวมีช่วงเวลาที่ยากลำบากที่นั่น
พวกเขาจึงตัดสินใจที่จะย้ายไปยังประเทศอิตาลี

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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.



เมื่อเสลามาวิตตั้งท้องลูกคนที่สอง เธอสงสัยว่าการมีลูกในต่างประเทศจะเป็นอย่างไร

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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.



อิงกาและหมอของเธอตกลงกันว่า เธอจะไปพบนางพยาบาลผดุงครรภ์ เพื่อตรวจสุขภาพอย่างสม่ำเสมอในระหว่างที่ตั้งครรภ์ พยาบาลผดุงครรภ์ให้คำแนะนำเกี่ยวกับอาหาร และการพักผ่อน รวมถึงข้อมูลเกี่ยวกับวิธีการดูแลตนเองและลูกน้อยให้ปลอดภัยและสุขภาพดี

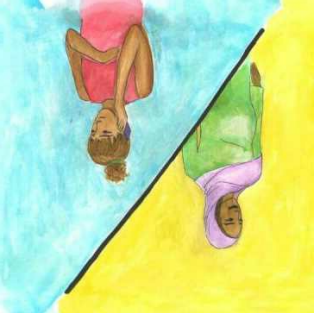
...

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.

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.

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សេឡាមវិត និង ឥង្សា មកពីប្រទេសខុសគ្នា។ សេឡាមវិត មានប្រសិទ្ធភាពខ្ពស់ក្នុងការប្រើប្រាស់ប្រព័ន្ធបង្ការជំងឺ និងមានប្រសិទ្ធភាពខ្ពស់ក្នុងការប្រើប្រាស់ប្រព័ន្ធបង្ការជំងឺ។ ឥង្សា បាននិយាយជាមួយម្តាយអំពីការប្រើប្រាស់ប្រព័ន្ធបង្ការជំងឺ។



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.

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ពេលឥង្សាបានដឹងពីការប្រើប្រាស់ប្រព័ន្ធបង្ការជំងឺរបស់អ្នកជុំវិញ គាត់បានណែនាំឱ្យឥង្សាទៅមើលគ្រូពេទ្យដើម្បីប្រើប្រាស់ប្រព័ន្ធបង្ការជំងឺ។ គ្រូពេទ្យបានណែនាំឱ្យឥង្សាប្រើប្រាស់ប្រព័ន្ធបង្ការជំងឺ និងប្រើប្រាស់ប្រព័ន្ធបង្ការជំងឺ។ គ្រូពេទ្យបានណែនាំឱ្យឥង្សាប្រើប្រាស់ប្រព័ន្ធបង្ការជំងឺ។





พวกเธอกึ่งสองเคยได้ยินมาว่าในประเทศยุโรปส่วนใหญ่ สตรีที่ตั้งท้องมีสิทธิในการฝากครรภ์ หมายความว่าพวกเธอ จะได้รับความช่วยเหลือในระหว่างการตั้งครรภ์ Selamawit วิตนัดหมาย เพื่อพบแพทย์ทันทีที่รู้ว่าเธอท้อง โดยสามีของ Selamawit ขับรถพาเธอไปหาหมอ

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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.



หมอได้ทำการตรวจ และพบว่า Selamawit เป็นโรคเบาหวาน ชนิดหนึ่งที่เกิดกับผู้หญิงที่ตั้งท้องบางคน เธอต้องกิน อาหารที่มีประโยชน์และออกกำลังกาย Selamawit ดีใจที่ได้ไป หาหมอแต่เนิ่นๆ ก่อนที่เธอและลูกจะป่วย

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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.