

生孩子

Giving birth



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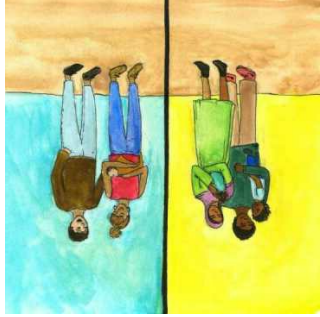
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塞拉马维特今年29岁。她在厄立特里亚生了第一个孩子。但她和家人在那儿过得不好，所以他们决定搬去意大利。

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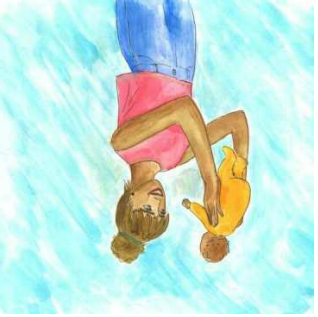
Selamawit is 29 years old. She gave birth to her first child in Eritrea. She and her family had a hard time there, so they decided to go to Italy.



两位女士都生下了健康的婴儿。塞拉马维特又生了一个儿子，英格则生了一个女儿。他们的丈夫都非常自豪，他们告诉所有他们认识的人，他们的妻子很坚强，孩子也很健康。

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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.



英格快到19岁时离开了家。她搬到了挪威，在那里生下了她的第一个孩子。

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



当塞拉马维特怀上第二个孩子时，她不知道在另一个国家生孩子会是什么样子的。

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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.



英格和她的医生商定，在她怀孕期间，她会找助产士进行定期检查。助产士给她提了饮食作息的建议，还教她如何保证自己和宝宝的健康。

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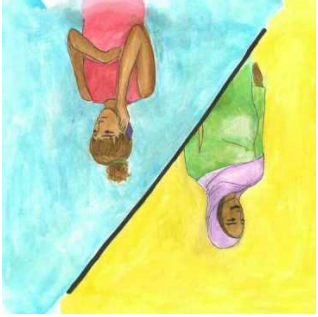
Inga and her doctor agreed that she would meet a midwife for regular check-ups during her pregnancy. The midwife gave her advice on food and rest, and information on how to keep herself and her baby safe and well.



当英格的邻居听说她打算生孩子时，邻居建议她一怀孕就去医院检查。这样能确保她和孩子都很健康。医生告诉她要服用叶酸，这种维生素对孕妇很重要。

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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.



塞拉马维特和英格的经历不同。塞拉马维特生过孩子，所以她并不紧张。英格就跟母亲谈论过生孩子的问题。

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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.



她们俩听说，在大多数欧洲国家，孕妇都有权获得产前护理。也就是说，她们在怀孕期间会得到照顾。所以塞拉马维特一发现自己怀孕了，就立即预约了医生。她的丈夫开车带她去看医生。

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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.



医生做了些检查，发现塞拉马维特患有一种孕妇糖尿病。她必须吃有益健康的食物、做运动。塞拉马维特很庆幸，在自己和孩子病发前就已经去了看医生。

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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.