




Rađanje deteta

Giving birth

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Selamavit ima 29 godina. Prvo dete rodila je u Eritreji. Njoj i njenoj porodici život je tamo bio težak, pa su odlučili da odu u Italiju.

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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.



Inga je otišla od kuće neposredno pre nego što je napunila 19 godina. Odselila se u Norvešku i tamo dobila prvo dete.

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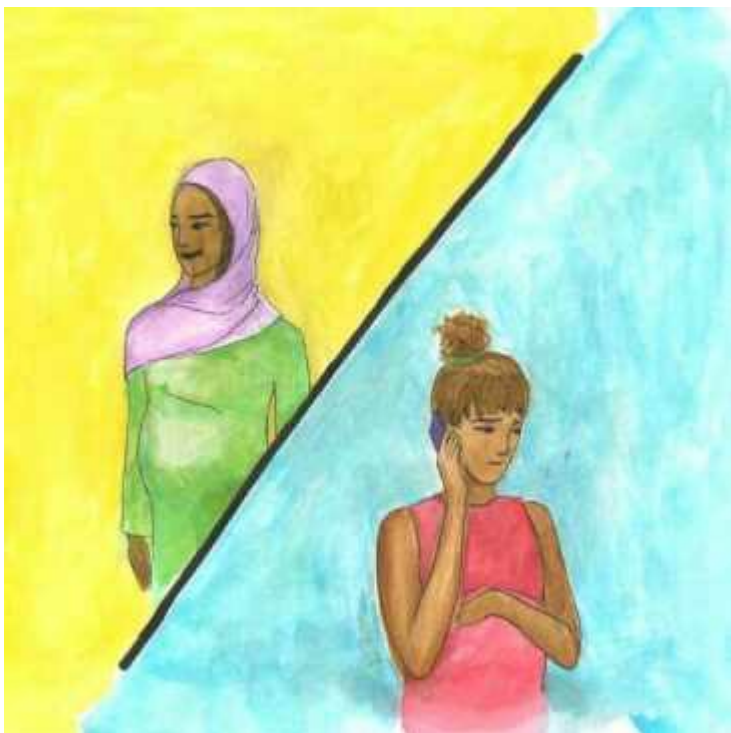
Inga left home just before she turned 19. She moved to Norway and had her first child there.



Kada je Selamavit ostala trudna sa drugim detetom, pitala se kako bi bilo imati dete u drugoj zemlji.

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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.



Selamavit i Inga dolaze iz različitih sredina. Selamavit se osećala sigurno jer je već imala iskustva sa porođajem. Inga je razgovarala sa majkom o porođaju.

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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.



Obe žene su čule da u većini evropskih zemalja trudnice imaju pravo na preporođajnu negu. To znači da će dobijati pomoć tokom trudnoće. Selamawit je zakazala pregled kod svog doktora čim je saznala da je trudna. Muž ju je odvezao kod doktora.

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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.



Doktor je uradio testove i otkrio da Selamavit ima vrstu dijabetesa koju dobiju neke trudnice. Morala je da jede zdravu hranu i da vežba. Selamavit je bilo drago što je rano otišla kod doktora, pre nego što su se ona i njena beba razbolele.

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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.



Kada je Ingina komšinica čula da ona pokušava da dobije bebu, komšinica joj je rekla da se javi lekaru čim zatrudni. Tako je mogla da se uveri da su ona i njena beba zdrave. Doktor joj je rekao da uzima folnu kiselinu, vitamin koji je važan za trudnice.

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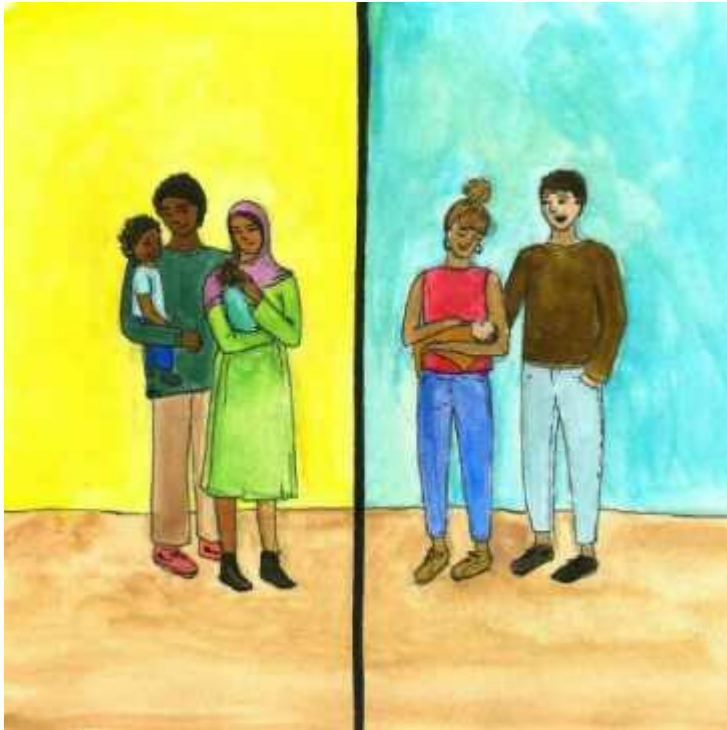
When Inga's neighbour heard that she was trying to have a baby, the neighbour told her to see a doctor as soon as she was pregnant. That way she could make sure that she and her baby were healthy. The doctor told her to take folic acid, a vitamin that is important for pregnant women.



Inga i njen doktor su se dogovorili da će se ona sastajati sa babicom na redovnim pregledima tokom trudnoće. Babica joj je dala savete o ishrani i odmoru, kao i informacije o tome kako da čuva sebe i bebu.

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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.



Obe žene su rodile zdrave bebe. Selamavit je dobila još jednog sina, dok je Inga dobila ćerku. Njihovi muževi su bili veoma ponosni, a svima koje znaju pričali su o svojim jakim ženama i zdravoj deci.

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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.



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