



Dhalmada

Giving birth

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Selamawit waa 29 jir. Ilmaheedii ugu horreeyay ayay ku dhashay dalka Eritrea. Ayada iyo qoyskeeda ayaa halkaas waqti adag kala kulmay, markaas ayay go'aansadeen inay Talyaaniga aadaan.

...

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 waxay ka tagtay guriga wax yar ka hor in taanay gaarin 19 jir. Waxay u guurtay Norway waxayna halkaas ku dhashay cunuggeedii ugu horreeyay.

. . .

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



Markii Selamawit ay uur yeelatay ilmaheedii labaad, waxay la yaabtay sida ay noqon doonto haddii ay ilmo waddan kale ku dhasho.

...

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



Selamawit iyo Inga waxay ka yimaadeen meelo kala duwan. Selamawit waxay dareentay badbaado sababtoo ah waxay khibrad u lahayd ummusha. Inga waxay hooyadeed kala hadashay arrimaha dhalmada.

. . .

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.



Labada haweenba waxay maqleen in, inta badan dalalka Yurub, haweenka uurka leh ay xaq u leeyihiin daryeelka dhalmada ka hor. Taas macnaheedu waa in ay heli doonaan caawimo inta ay uurka leeyihiin. Selamawit waxay ballan la yeelatay dhakhtarkeeda isla markii ay xaqiiqsatay inay uur leedahay. Selamawit ninkeedii ayaa u kaxeeyay dhakhtarka.

. . .

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.



Dhaqtarku wuxuu sameeyay xoogaa baaritaanno ah wuxuuna ogaaday in Selamawit ay qabto nooc ka mid ah cudurka sokorta oo haweenka uurka leh qaarkood ay qaadaan. Waxay ahayd inay cunto cunto caafimaad leh iyo inay jimicsi samayso. Selamawit way ku faraxday inay goor hore u tagtay dhakhtarka, ka hor intaanay iyada iyo ilmaheeda xanuunsan.

. . .

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.



Markii deriska Inga uu maqlay inay isku dayeyso inay ilmo dhasho, deriska ayaa u sheegay inay u tagto dhakhtar isla marka ay uur yeelato. Sidaas ayay ku hubin kartaa inay caafimaad qabaan iyada iyo ilmaheeda. Dhakhtarka ayaa u sheegay inay qaadato kiniinka Folic acid oo ah fitamiin muhiim u ah haweenka uurka leh.

. . .

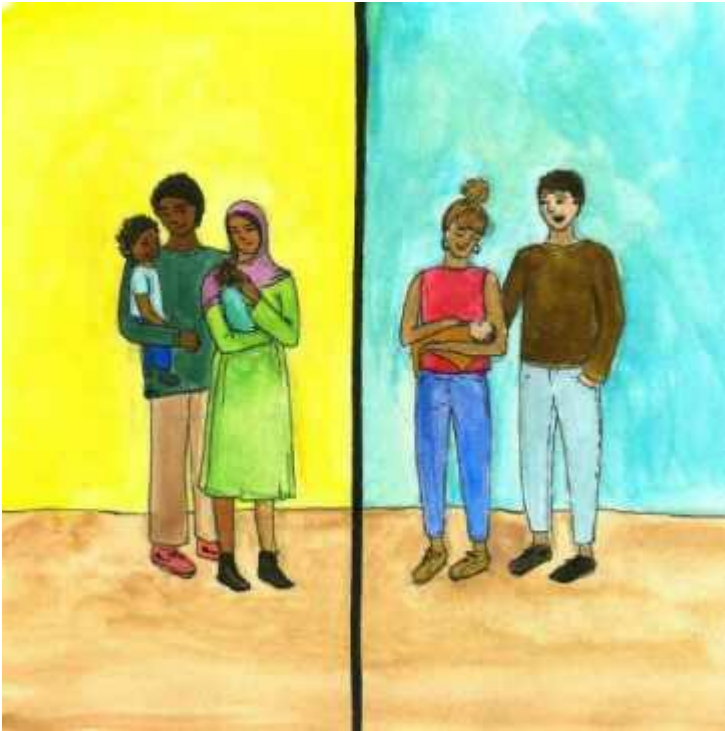
When Inga's neighbour heard that she was trying to have a baby, the neighbour told her to see a doctor as soon as she was pregnant. That way she could make sure that she and her baby were healthy. The doctor told her to take folic acid, a vitamin that is important for pregnant women.



Inga iyo dhakhtarkeedu waxay ku heshiiyeen inay la kulanto ummuliso si ay u hesho baaritaan joogto ah inta ay uurka leedahay. Ummulisada ayaa siisay talooyin ku saabsan cuntada iyo nasashada, iyo macluumaadka ku saabsan sidii ay nafteeda iyo ilmaheedaba u ilaalin lahayd una badbaadin lahayd.

. . .

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.



Labada haweenba waxay dhaleen ilmo caafimaad qaba. Selamawit waxay dhashay wiil kale, halka Inga ee leedahay gabadh. Nimankooduna aad bay ugu faanayaan, oo qof kasta oo ay garanayeen ayay u sheegi jireen xaasaskooda xoogga badan iyo carruurtooda caafimaadka qaba.

. . .

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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