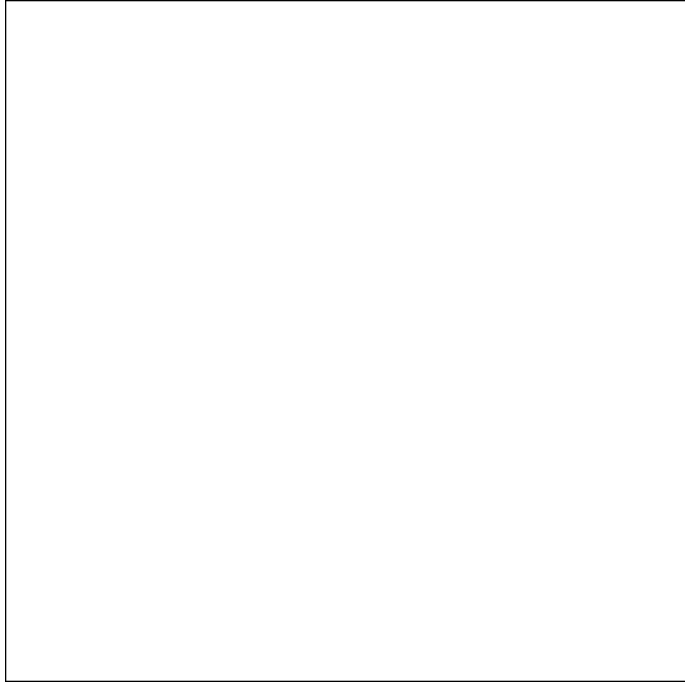


መጋለጽ

Giving birth



LIDA Norge   Sara Dorthæa Johannesen  Loza Tadesse Mamo  4  አማርኛ  / English 



LIDA Stories

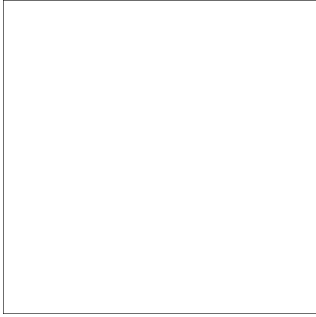
lidastories.net

መጋለጽ / Giving birth

LIDA Norge   Sara Dorthæa Johannesen  Loza Tadesse Mamo (am)



This work is licensed under a Creative Commons [Attribution 4.0 International License](https://creativecommons.org/licenses/by/4.0).
<https://creativecommons.org/licenses/by/4.0>



ሰላማዊት 29 አመቷ ነው። የመጀመሪያ ልጇን ኤርትራ ውስጥ
ወለደች። እሷና ቤተሰቧ እዚያ በጣም ስለተቸገሩ ወደ ጣሊያን
ለመሄድ ወሰኑ።

. . .

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.

፡፡፡

፡፡ቲሃወ ያዝሂ ሲጽሃ ያገመጸመሰ ነጽ

፡፡ቲሃወ ቲሃህ ቲሃህ ቲሃህ ቲሃህ ቲሃህ ቲሃህ ቲሃህ ቲሃህ

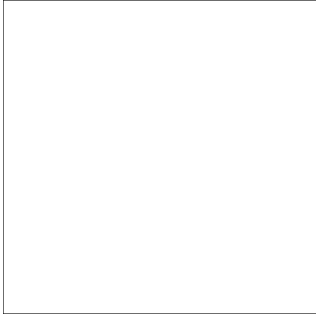
• • •

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

፡፡ኃህሊ ኃወፍ ወቲቶጃላ ልጋህ
 ኃላ ወቲቶቱሃንጌ ግሃረህ ሃህ ሃብ ወቲቶውፊጌሃ ልጋላ ፡፡ኃህሊ
 ኃህ ልጌህ ወቲቶህሊ ፡፡ኢሻሃወ ጃላ ሓሃ ልጃ ርሂኝ ፡፡ኢሻሃወ
 ጃላ ጃረወ ሃሃ ሓቅጠሃህ ፡፡ኸሃወ ረኢጃላ ልጋህ ኢቱሃ ልጋሃብ

• • •

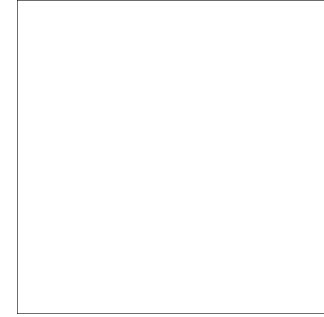
Both women gave birth to healthy babies. Selamawit had another son, while Inga had a daughter. Their husbands were very proud, and they told everyone they knew about their strong wives and healthy children.



ሰላማዊት ሁለተኛ ልጇን ባረገዘች ጊዜ ሌላ ሀገር ልጅ መውለድ ምን ሊመስል እንደሚችል አሠበች።

...

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



ኢንጋ እና ሀኪሟ በእርግዝናዋ ወቅት መደበኛ ምርመራ ለማድረግ አዋላጅ ነርስ እንድታገኝ ተስማሙ። አዋላጁ ስለ ምግብ እና እረፍት እንዲሁም እራሷን እና ልጇን እንዴት ደህንነት እና ጤንነቷን መጠበቅ እንዳለባት መረጃ ሰጣት።

...

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.

፡፡ኢፖሪያና ረዥና ሕገወጥ
 ህህ ርረኝ ፡፡ዳቸጭህተ ተረሰሰ ሕህህህ ሕጭህ ሕገወጥ
 ተቅጭህህ ፡፡ወታኑ ህጥጭ ኢጭህ ሕጭህህ ርረኝ ንህ ተቅጭህህ

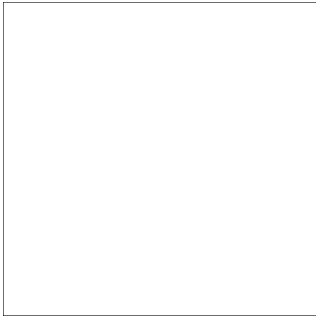
• • •

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.

፡፡ኣጎሊ ዓላማኣ ለጌታህ ለወሃብኩ
 ዓላማ ላላኝ ለወሃብኩ ጌታህ ንህህህ ንተላፅ
 ፡፡ኢህህኢህ ለሊሊጌ ለወሃብኩ ጌታህ ጌታህ ንህህ ንተላፅ
 ለወሃብኩ ፡፡ኣጎሊ ኣላማኣ ንተላፅ ኢሊሊኣ ለወሃብኩ
 ለወሃብኩ ለወሃብኩ ኢሊሊኣ ዓላማኣ ለወሃብኩ ለወሃብኩ

• • •

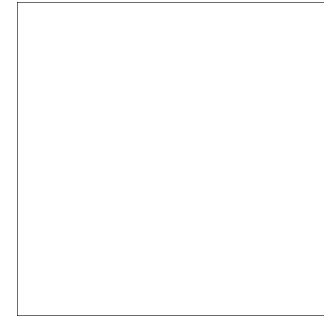
When Inga's neighbour heard that she was trying to have a baby, the neighbour told her to see a doctor as soon as she was pregnant. That way she could make sure that she and her baby were healthy. The doctor told her to take folic acid, a vitamin that is important for pregnant women.



ሁለቱም ሴቶች በአብዛኛዎቹ የአውሮፓ አገሮች ነፍሰ ጡር እናቶች የቅድመ ወሊድ እንክብካቤ የማግኘት መብት እንዳላቸው ሰምተው ነበር። ይህ ማለት በእርግዝና ወቅት እርዳታ ያገኛሉ ማለት ነው። ሰላማዊት መፀነሷን እንዳወቀች ከዶክተሯ ጋር ቀጠሮ ያዘች። የሰላማዊት ባል በመኪና ወደ ሐኪም ወሰዳት።

...

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.



ሐኪሙ አንዳንድ ምርመራዎችን ካደረገ በኋላ ሰላማዊት አንዳንድ ነፍሰ ጡር እናቶች የሚይዘው የስኳር በሽታ እንዳለባት አወቀ። ጤናማ ምግብ መመገብ እና የአካል ብቃት እንቅስቃሴ ማድረግ ነበረባት። ሰላማዊት እሷና ልጇ ከመታመማቸው በፊት ዶክተሩ ጋር ቀድሞ በመሄዷ ተደሰተች።

...

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.