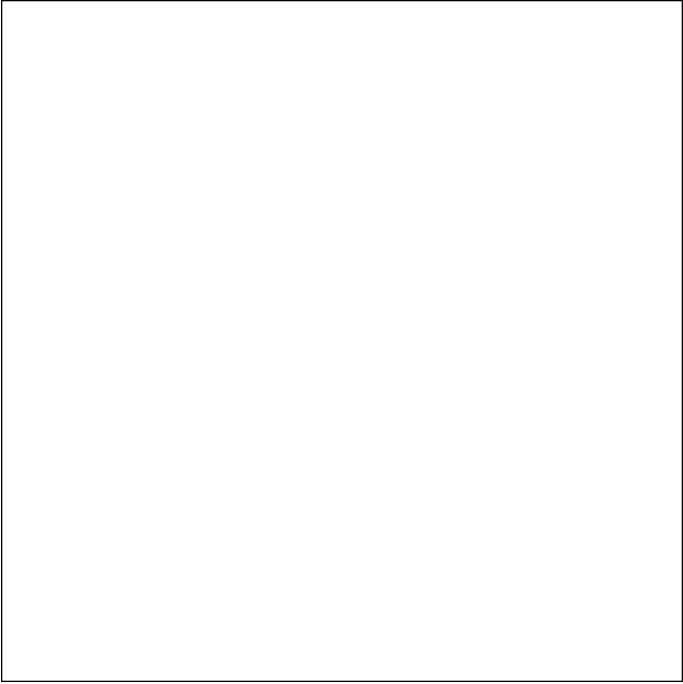


الإبّخائ

Giving birth



LIDA Italia

Sara Dortehea Johannesen

Zahraa

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LIDA Stories

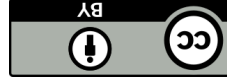
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الإبّخائ / Giving birth

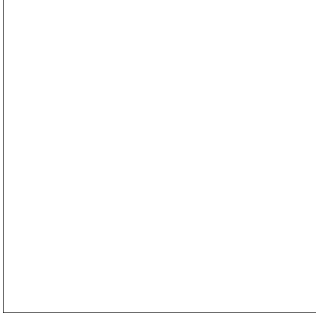
LIDA Italia

Sara Dortehea Johannesen

Zahraa (ar)



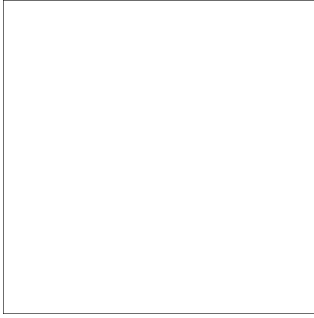
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سيلمأويت تبلغ من العمر 29 هم. أنجبت طفلها الأول في ايريتريا.
حيث هنت الكثير ههك مع هنتهه، فقرروا أن ينتقلوا إلى إيطاليا.

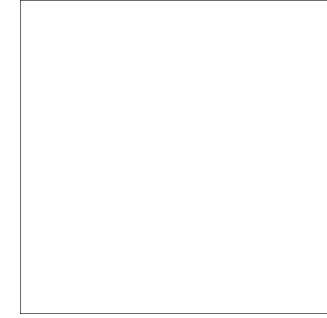
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Selamawit is 29 years old. She gave birth to her first child in Eritrea. She and her family had a hard time there, so they decided to go to Italy.



بينه حملت سلامويت بطفلها الثاني، كانت تفكر في هسيكون الامر عليه عند إنجاب طفل في دولة أخرى.
...

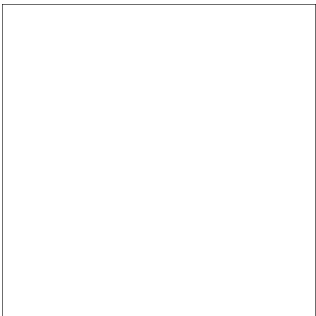
When Selamawit became pregnant with her second child, she wondered what it would be like to have a child in a different country.



اتفقت اينج مع طبيبه على مهبله قبله لإجراء فحوصات منتظمة أثناء الحمل. قدمت القبلة نعتنح بشأن الطعم والراحة، ومعلومت حول كيفية الحفاظ على سلامتھ وصحة طفله.
...

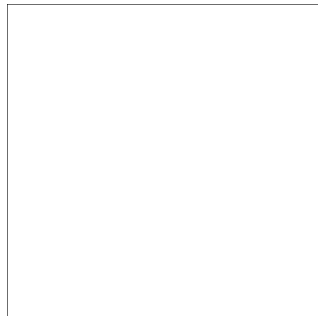
Inga and her doctor agreed that she would meet a midwife for regular check-ups during her pregnancy. The midwife gave her advice on food and rest, and information on how to keep herself and her baby safe and well.

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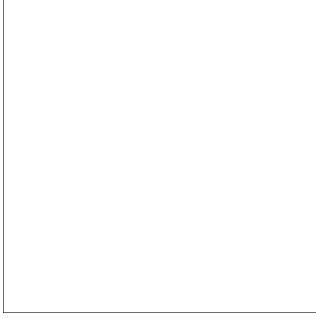


Selamawit and Inga come from different backgrounds. Selamawit felt safe because she had experience with giving birth. Inga talked to her mother about giving birth.

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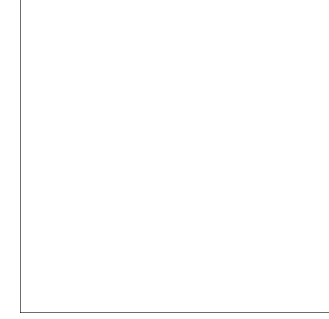
When Inga's neighbour heard that she was trying to have a baby, the neighbour told her to see a doctor as soon as she was pregnant. That way she could make sure that she and her baby were healthy. The doctor told her to take folic acid, a vitamin that is important for pregnant women.



كنت كلا الزوجتين قد سمعت أنه في معظم البلدان الأوروبية، للمرأة الحمل الحق في رعية ه قبل الولادة. هذا يعني أنهم ستحصلن على المساعدة أثناء الحمل. حددت سيلهويت موعدًا مع طبيبه بمجرد أن أدركت أنه حمل. صج سلمويت زوجها إلى الطبيب.

...

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.



أجرى الطبيب بعض الفحوصات وأدرك أن سلمويت لديها نوع من أنواع امراض السكري التي تعذب به الحوامل. لذا يتوجب عليه أن تكل طعاماً صحياً وان تهرس الرياضة. سلمويت كانت ممتنة لأنها ذهبت إلى الطبيب مبكراً قبل أن تمرض هي وابنه.

...

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.