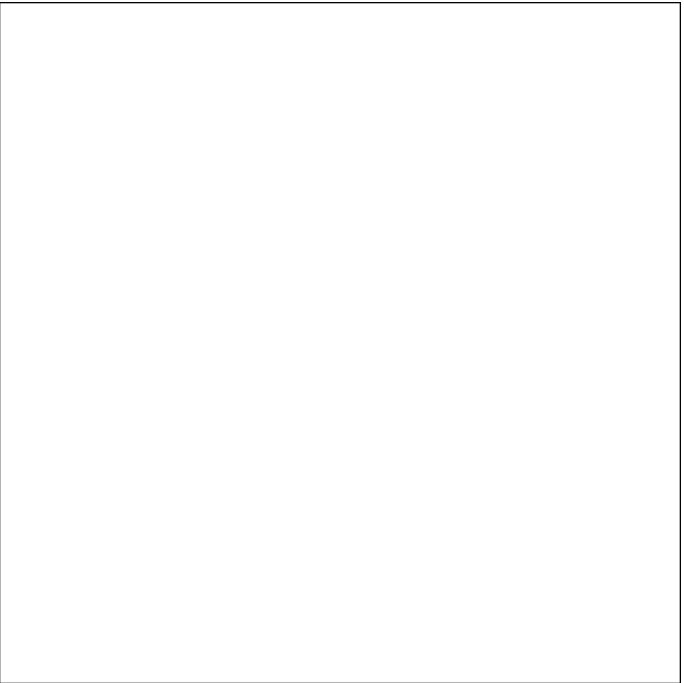


জন্ম মল

Giving birth



LIDA Norge ✎
☑ Sara Dorteia Johannesen
📄 Tahmina Akter
🗣 bn / English en



LIDA Stories

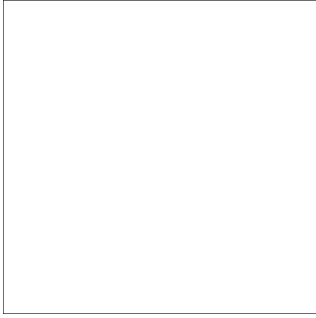
lidastories.net

জন্ম মল / Giving birth

LIDA Norge ✎
☑ Sara Dorteia Johannesen
📄 Tahmina Akter (bn)



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>



সেলামাভিটের বয়স ২৯ বছর। সে ইরিট্রিয়ায় তার প্রথম সন্তানের জন্ম দেয়। সে ও তার পরিবার সেখানে কঠিন সময় কাটিয়েছিল, তাই তারা ইতালি যাওয়ার সিদ্ধান্ত নিয়েছিল।

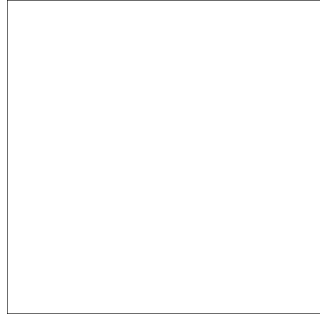
...

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.

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.

...

ମୂ'କାଙ୍କୁ ଯୁକ୍ତ ମତାମତର ଉପାଦାନ ଦିଆଯାଇଥିଲା । ଲୋକମାନେ ମଧ୍ୟ ଗୁଣାମାନଙ୍କୁ ପ୍ରଶଂସା କରୁଥିଲେ, ଆମ ଝାମ୍ବା ପ୍ରାକୃତ ଗୁଣାମାନଙ୍କୁ ପ୍ରଶଂସା କରୁଥିଲେ । ଲୋକମାନେ ମଧ୍ୟ ଗୁଣାମାନଙ୍କୁ ପ୍ରଶଂସା କରୁଥିଲେ । ଲୋକମାନେ ମଧ୍ୟ ଗୁଣାମାନଙ୍କୁ ପ୍ରଶଂସା କରୁଥିଲେ ।

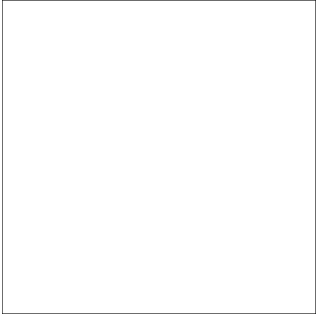


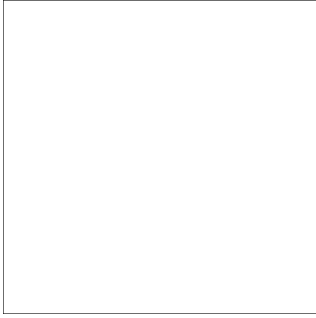
Inga left home just before she turned 19. She moved to Norway and had her first child there.

...

ହୁଏ ।

ହେଉଛି ଏକ ବଡ଼ ସମସ୍ୟା ଯାହା ଯୁକ୍ତ ମତାମତର ଉପାଦାନ ଦିଆଯାଇଥିଲା । ଲୋକମାନେ ମଧ୍ୟ ଗୁଣାମାନଙ୍କୁ ପ୍ରଶଂସା କରୁଥିଲେ, ଆମ ଝାମ୍ବା ପ୍ରାକୃତ ଗୁଣାମାନଙ୍କୁ ପ୍ରଶଂସା କରୁଥିଲେ । ଲୋକମାନେ ମଧ୍ୟ ଗୁଣାମାନଙ୍କୁ ପ୍ରଶଂସା କରୁଥିଲେ । ଲୋକମାନେ ମଧ୍ୟ ଗୁଣାମାନଙ୍କୁ ପ୍ରଶଂସା କରୁଥିଲେ ।

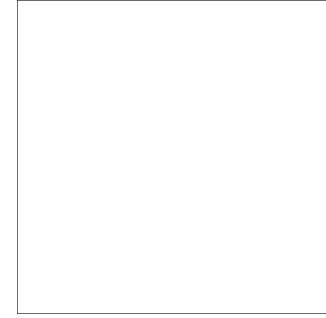




সেলামাভিটের গর্ভে যখন তার দ্বিতীয় সন্তান আসে, তখন সে ভেবেছিল যে অন্য কোনও দেশে সন্তান নেওয়া কেমন হবে।

...

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



ইঙ্গা ও তার ডাক্তার ঠিক করে যে, সে তার গর্ভাবস্থায় নিয়মিত চেকআপের জন্য একজন মিডওয়াইফের সাথে দেখা করবে। মিডওয়াইফ তাকে খাবার ও বিশ্রামের বিষয়ে পরামর্শ দিয়েছিল এবং কীভাবে নিজেকে ও তার শিশুকে নিরাপদ ও ভাল রাখা যায়, সে সম্পর্কে তথ্য দিয়েছিল।

...

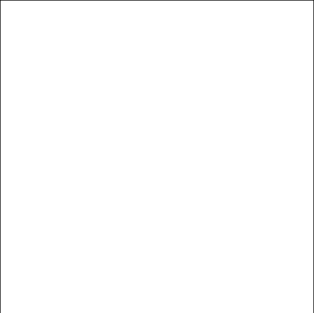
Inga and her doctor agreed that she would meet a midwife for regular check-ups during her pregnancy. The midwife gave her advice on food and rest, and information on how to keep herself and her baby safe and well.

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.

...

କଥା ବୋଲିଲ ।

ଜେଲାମାବିଟି ଆସି ହେଉଛି ଆମେ କେତେ ଦୂର
ଜେଲାମାବିଟି ପିଲାମାନେ ଯେତେ ଦୂର
ଆସିଲେ ତାହା ସମସ୍ତଙ୍କ ମଧ୍ୟରେ ବିଷୟ

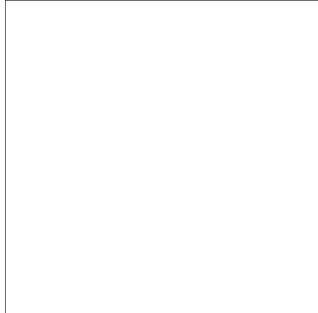


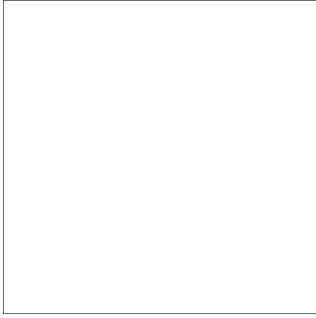
When Inga's neighbour heard that she was trying to have a baby, the neighbour told her to see a doctor as soon as she was pregnant. That way she could make sure that she and her baby were healthy. The doctor told her to take folic acid, a vitamin that is important for pregnant women.

...

ଝଙ୍କଝଙ୍କ ଫୁଲଟି ଫୁଲଟି ।

ଆସିବ କେତେ ଦୂର, ଆସିବ କେତେ ଦୂର
ଆସିବ କେତେ ଦୂର, ଆସିବ କେତେ ଦୂର
ଆସିବ କେତେ ଦୂର, ଆସିବ କେତେ ଦୂର
ଆସିବ କେତେ ଦୂର, ଆସିବ କେତେ ଦୂର
ଆସିବ କେତେ ଦୂର, ଆସିବ କେତେ ଦୂର
ଆସିବ କେତେ ଦୂର, ଆସିବ କେତେ ଦୂର

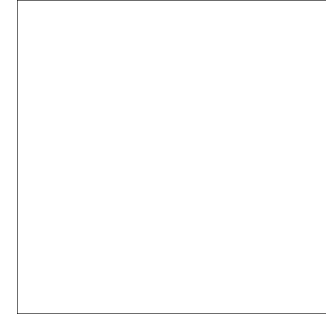




দুইজন মহিলাই শুনেছিলেন যে, বেশিরভাগ ইউরোপীয় দেশে গর্ভবতী মহিলাদের প্রসবপূর্ব যত্নের অধিকার রয়েছে। এর অর্থ হল তারা তাদের গর্ভাবস্থায় সহায়তা পাবেন। সেলামাভিট যে গর্ভবতী, তা বুঝতে পারার সাথে সাথেই তার ডাক্তারের সাথে যোগাযোগ করেছিল। সেলামাভিটের স্বামী তাকে ডাক্তারের কাছে নিয়ে যায়।

...

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.



ডাক্তার কিছু পরীক্ষা করেছিলেন এবং জানতে পেরেছিলেন যে সেলামাভিটের এক ধরণের ডায়াবেটিস রয়েছে, যা কিছু গর্ভবতী মহিলাদের হয়। তাকে স্বাস্থ্যকর খাবার খেতে ও ব্যায়াম করতে হয়েছিল। সেলামাভিট খুশি হয়েছিল যে, সে ও তার শিশু অসুস্থ হওয়ার আগেই ডাক্তারের কাছে গিয়েছিল।

...

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.