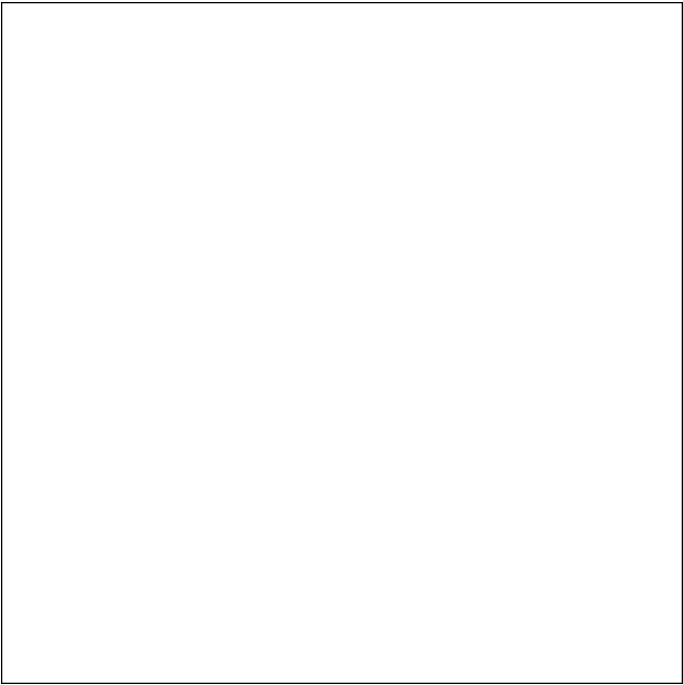


منداؤون

Giving birth



LIDA Italia

☑ Sara Dorteia Johannesen
📄 Dler Piran
📄 4
🗣 / English en



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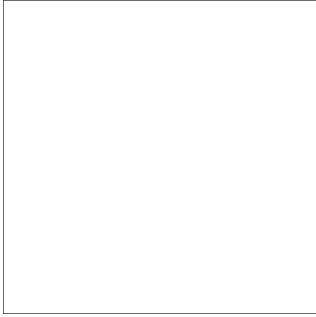
منداؤون / Giving birth

LIDA Italia

☑ Sara Dorteia Johannesen
📄 Dler Piran (ckb)



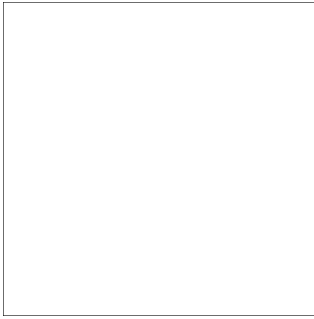
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سه لهوویت ۲۹ بډله. نه و یه که م مندالی بوو له ئیریتریه. نه و و
خیزانه که ی ګتیکې سه خنچن هه بوو له وئ، بویه برېږېندا بچنه ئیدلې.

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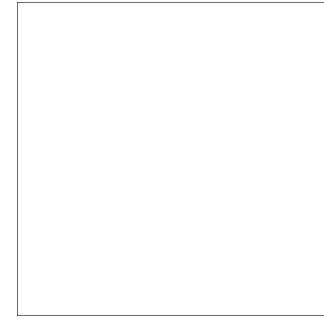
Selamawit is 29 years old. She gave birth to her
first child in Eritrea. She and her family had a
hard time there, so they decided to go to Italy.



کټیک سه لھویت سکپر بوو به مندالی دووهمی، بیري ده کرده وه
چون ده بیت مندالیکي له ولایتیکی جیوازدا بیټ.

...

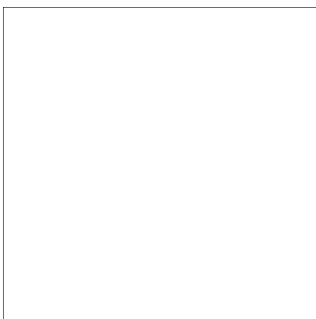
When Selamawit became pregnant with her second child, she wondered what it would be like to have a child in a different country.



ئىنگ و دكتورەكەي رېككەوتن كە ئەو دەبى چوى بە ھەنىك بكوئ
بۇ پشكنينى ھوۋە لەھوۋى دووگىنيە كيدا. ھەنە كە ھمۆزگرى
پييدا لىرەي خواردن و پشوودان، لەگەل زانىرى لىرەي ئەوۋى
چۆن خوۋى و مندالەكەي ڭش و سەلامەت بەيلىتەو.

• • •

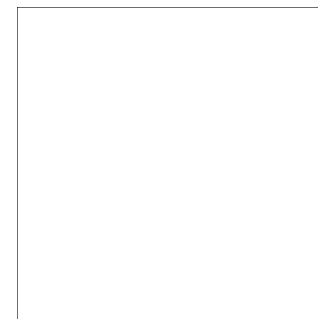
Inga and her doctor agreed that she would meet a midwife for regular check-ups during her pregnancy. The midwife gave her advice on food and rest, and information on how to keep herself and her baby safe and well.



ھەردوو ژنەكە ئەو ھېچن بېستبوو كە لە زۆربەى ولاتە ئەوروپىيەگندا
ژننى دووگىن ھفى چودىرىكردنى پيش مندالبوونىن ھەيە. ئەمە
ولائى ئەو ھەيە كە ئەوان چىرمەتى دەدرين لەھوئى دووگىنيەكەين.
سەلھوئى ھەر كە زانى دووگىنە وادەيەكى لەگەل دكتورەكەى دلا.
مىردەكەى سەلھوئى ئەوى برد بۆ لائى دكتورەكە.

...

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.



دكتورەكە ھەندىك پشكنىنى بۆ كرد و بۆى دەرکەوت كە سەلھوئى
جۆرىك لە شەكرەى ھەيە كە ھەندىك ژنى دووگىن تووشين دەبى.
پىويست بوو ئەو خواردنى تەندروست بخوات و راھىچن بكت.
سەلھوئى خۆشخاى بوو كە زوو چووھ لائى دكتور، بەر لەو ھى خۆى و
مندالەكەى نەخۆشى بگرن.

...

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.