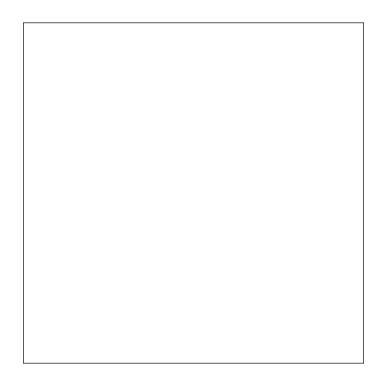
عندالبوون

Giving birth



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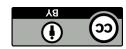


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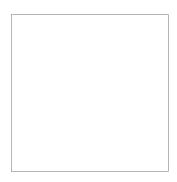
نههېاٰاعنه \ Giving birth

₱ Dler Piran (ckb) ☑ Sara Dorthea Johannesen



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سەلھویت ۲۹ ھڵه. ئەو يەكەم منداڵى بوو لە ئێریترڲ. ئەو و خێزانەكەى צتێكى سەختڲن ھەبوو لەوێ، بۆيە بڕڲرڲندا بچنە ئيαڵڍ.

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.

ئينگ بەرلەۋەي بيٽتە 19 سل ھلى بەجێھێشت. ئەو چوو بۆ نەرويج و يەكەم مندالى لەوئ بوو.

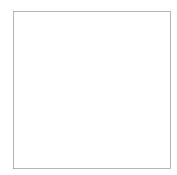
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Inga left home just before she turned 19. She moved to Norway and had her first child there.

مهردوو ژنه که مندانی ته ندروستین بوو. سه لمویت کوږیکی تری بوو، له گتیکدا ئینگ کچیکی بوو. میرده گنین زفر نشایین ده کرد، وه به هه موو که سیکین ده گوت که ده بیره ی ژنه به هیزه گذین و منداله ته ندرووسته گذین زانیوینه.

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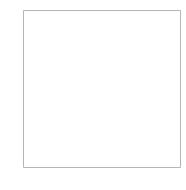
Both women gave birth to healthy babies. Selamawit had another son, while Inga had a daughter. Their husbands were very proud, and they told everyone they knew about their strong wives and healthy children.



کتێک سهلاویت سکپڕ بوو به منداڵی دووهمی، بیری دهکردهوه چۆن دهبێت منداڵێکی له وڵاتێکی جڍوازدا ببێت.

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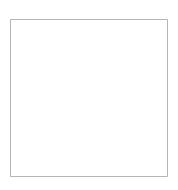
When Selamawit became pregnant with her second child, she wondered what it would be like to have a child in a different country.



ئینگ و دکتۆرەكەی رێككەوتن كە ئەو دەبێ ڿوی بە ۿۿنێك بكەوێ بۆ پشكنینی ۿوەۿوە لەھۋەی دووگڍنییەكەیدا. ۿۿنەكەۿمۆژگری پێیدا لعبرەی خواردن و پشوودان، لەگەڵ زانڍری لعبرەی ئەوەی چۆن خۆی و منداڵەكەی هِش و سەلامەت بهێڵێتەوە.

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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.



سهلمویت و ئینگ له پیشینهی زور جیوازهوه هتوون. سهلمویت ههستی به سهلامهتی کرد چونکه ئهزموونی مندالبوونی ههبوو. ئینگ قسهی لهگه لُ دایکی کرد لعبرهی مندالبوون.

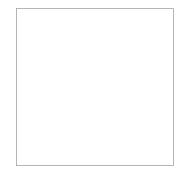
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Selamawit and Inga come from different backgrounds. Selamawit felt safe because she had experience with giving birth. Inga talked to her mother about giving birth.

 \mathbb{Z} تیک دراوسیٰی ئینگ بیستی ئه و هه و له درات مندالیکی بین، دراوسینکه پنی گوت هه رکه زانی دوو گینه چوی به دکتوریٔک دراوسینکه پنی گوت هه رکه زانی دوو گینه چوی به دکتوریٔک بکه وی: به وجوّده ده توانی دلنیبیته وه که خوّی و منداله کهی سه له مه تن. دکتوره که پنی گوت که ترشی فوّلیک وه رگری، که فیدمینیکی گرنگه بو ثونی دوو گین.

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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.



هەردوو ژنەكە ئەوھىن بىستبوو كە لە زۆربەى وڵاتە ئەوروپيەكىندا ۋىلانى دووگىن ھەنىد. ئەمە ۋىلانى دووگىن ھەنىد. ئەمە ولاى ئەوەپيە كە ئەوان ھەرمەتى دەدرىن لەھوەى دووگىنىيىەكلىلىن. سەلھويت ھەر كە زانى دووگىنە وادەپلەكى لەگەڵ دكتۆرەكەى دلا. مىردەكەي سەلھويت ئەوى برد بۆ لاى دكتۆرەكە.

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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.

دکتۆرەکە ھەندێک پشکنینی بۆ کرد و بۆی دەرکەوت کە سەلھویت جۆرێک لە شەکرەی ھەیە کە ھەندێک ژنی دووگێن تووشێن دەبێ. پێویست بوو ئەو خواردنی تەندروست بخوات و ڕاھێێن بڬت. سەلھویت خۆش؎ڵ بوو کە زوو چووە لای دکتۆر، بەر لەوەی خۆی و منداڵەکەی نەخۆشی بگرن.

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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.