

Zarokanin Giving birth



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کورمانجی [kmr] / English [en] 🗣️

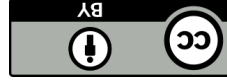


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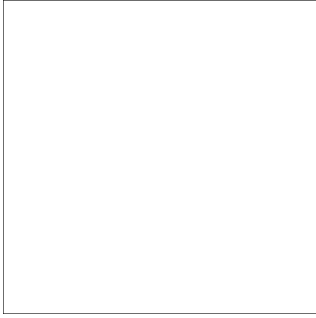
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Zarokanin / Giving birth

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Selamawit 29 salî ye. Wê zaroka xwe ya yekem li Eritreyê anî dinyayê. Wê û malbata xwe li wir demên dijwar derbas kirin, ji ber vê wan biryar da ku biçin Îtalyayê.

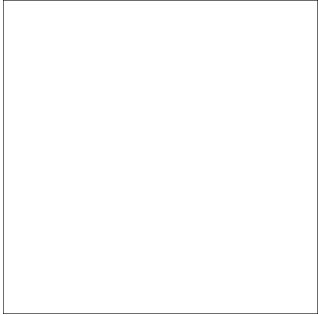
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Selamawit is 29 years old. She gave birth to her first child in Eritrea. She and her family had a hard time there, so they decided to go to Italy.

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.

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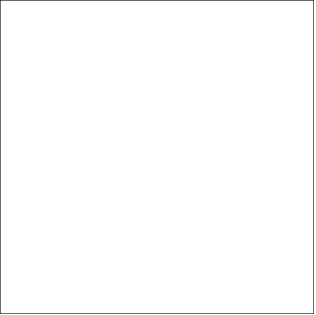
Zarokén saxlem ji herdu dayikan gebün. Inga kegek bú, le Selamawit kurek din hebú. Mèrèn wan pir serbillind bün ú ji her kesè ku ew nas dikin re behsa jinèn xwe yèn bihèz ú zarokén saxlem dikirin.

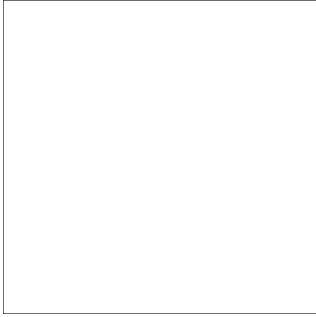


Inga beri ku bibe 19 salì mala xwe terikand. Ew gú Norwecè ú zaroka xwe ya yekem li wir ani dinyayè.

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





Dema ku Selamawit bi zaroka xwe ya duyemîn ducanî bû, wê meraq kir bû ka zarokanîna li welatekî din çawa ye.

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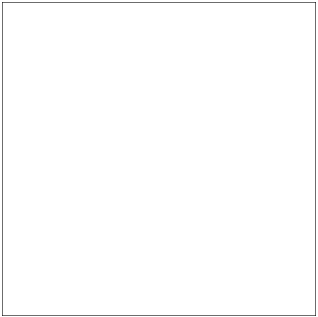
When Selamawit became pregnant with her second child, she wondered what it would be like to have a child in a different country.



Inga û doktorê wê biryar dan ku di dema ducaniyê de, ji bo kontrolên rûtîn serdana pîrikekê bikin. Pîrikê şîretên xwe li ser tiştên ku bixwin, çawa tê razin, û çawa hem wê û hem jî zaroka wê ya ku ji dayik nebûye saxlem bihêle.

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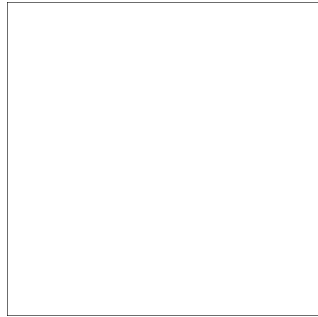
Inga and her doctor agreed that she would meet a midwife for regular check-ups during her pregnancy. The midwife gave her advice on food and rest, and information on how to keep herself and her baby safe and well.



Selamawit ù Inga ji paserojen cuda ne.
Selamawit xwe pèbawer his kir ji ber ku
tecrùbeya wè ya zarokaninè hebù. Inga bi diya
xwe re derbare zarokaninè de axivi.

...

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.



Dema ku cirana wè bihist ku Inga hewl dide
zarokèk gèbikè, cirana wè jè re got ku her ku ew
ducani bù here doktor. Bi vi awayi, ew dikare
pistrast bike ku ew ù zarokè wí sax in. Doktor jè
re got ku asida folk, vitaminèk ku ji bo jinèn
ducani girning e, bigire.

...

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.



Herdu jinan bihîstibûn ku li geleki welatên Ewropayê mafê jinên ducanî heye ku lînêrîna berî zayînê werbigirin. Ev tê wê wateyê ku ew ê di dema ducaniyê de alîkariyê bistînin. Selamawît piştî ku zanî ku ew ducanî ye, bi doktorê xwe re hevdîtin pêk anî. Mêrê Selamawît ew bir doktor.

...

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.



Doktor hin test kirin û pê hesiyar ku celebek nexweşiya şeker a Selamawit heye ku hin jinên ducanî pê dikevin. Diviyabû bi tendurustî bixwe û werzîşê bikira. Selamawit ji ber ku ew û pitika xwe nexwesiyar zû biçûya cem doktor kêfxweş bû.

...

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.