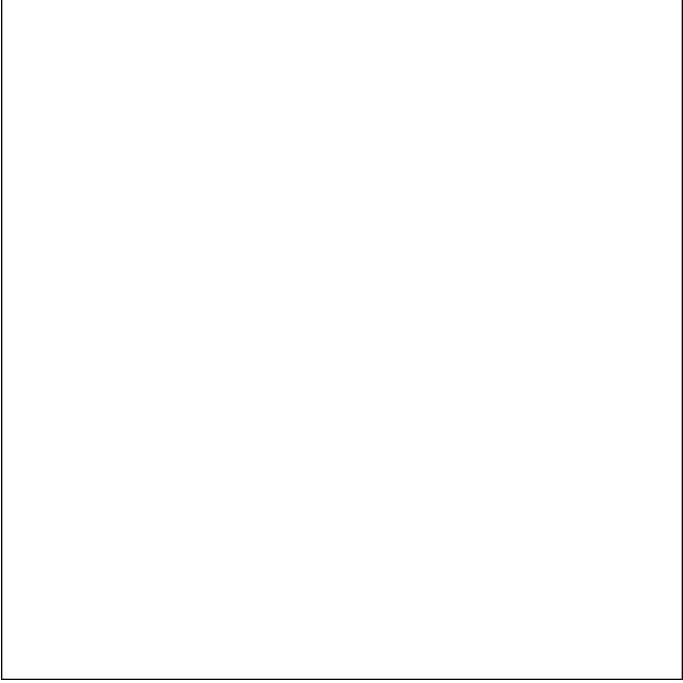


## Gimdymas Giving birth



 LIDA Norge  Sara Dorthea Johannesen  Viktorija Daknyte  4  Lietuvių / English  en 



# LIDA Stories

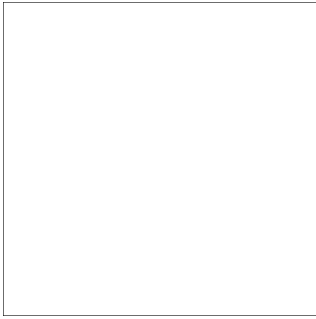
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## Gimdymas / Giving birth

 LIDA Norge  Sara Dorthea Johannesen  Viktorija Daknyte (it)



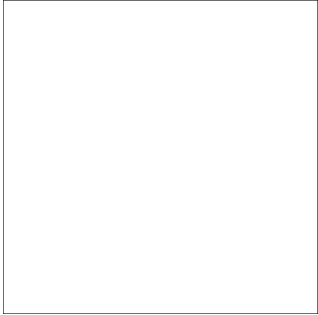
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Selamawit yra 29 metai. Ji pagimdė savo pirmąjį vaiką – Eritrėja. Ji ir jos šeima sunkiai vertėsi, tad jie nusprendė vykti į Italiją.

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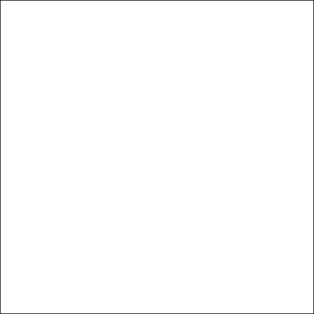
Selamawit is 29 years old. She gave birth to her first child in Eritrea. She and her family had a hard time there, so they decided to go to Italy.



Abi moterys pagimė sveikus kūdikius.  
Selamawit pagimė dar vieną sūnų, o Inga –  
dukterį. Jų vyrai besididžiudami visiems  
pažįstamiems pasakojo apie savo stiprias  
žmonas ir sveikus vaikus.

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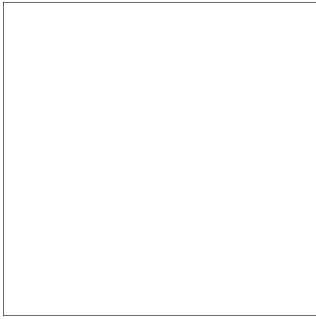
Both women gave birth to healthy babies.  
Selamawit had another son, while Inga had a  
daughter. Their husbands were very proud, and  
they told everyone they knew about their strong  
wives and healthy children.



Inga paliko namus iškart po 19 gimtadienio. Ji  
persikėlė gyventi į Norvegiją ir ten pagimdė savo  
pirmagimį.

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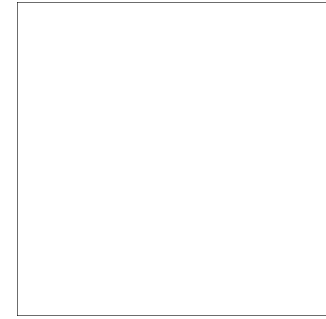
Inga left home just before she turned 19. She  
moved to Norway and had her first child there.



Kai Selamawit pastojo antrą kartą, ji svarstė, kas būtų, jeigu ji gimdytų kitoje šalyje.

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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 su savo gydytoju sutarė, kad ji lankysis pas akušerę reguliariems patikrinimams viso nėštumo metu. Akušerė jai davė mitybos ir poilsio patarimų, taip pat informacijos, kaip rūpintis savo ir vaiko saugumu ir gerove.

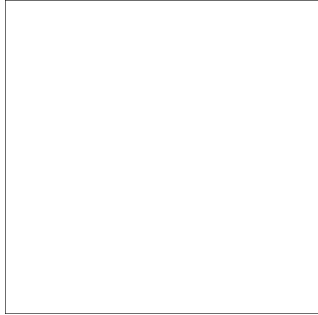
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Inga and her doctor agreed that she would meet a midwife for regular check-ups during her pregnancy. The midwife gave her advice on food and rest, and information on how to keep herself and her baby safe and well.

Kai Ingos kaimynas sužinojo, kad ji bando susilaukti vaiko, patarė jai pasirodyti gydytojai iš karto po pastojimo. Taip ji galėtų įsitikinti, kad ji ir vaikelis yra sveiki. Gydytojas jai patarė vartoti folio rūgštį, vitaminą, kuris yra reikalingas besilaukiančioms moterims.

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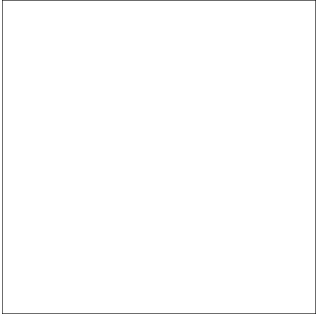
When Inga's neighbour heard that she was trying to have a baby, the neighbour told her to see a doctor as soon as she was pregnant. That way she could make sure that she and her baby were healthy. The doctor told her to take folic acid, a vitamin that is important for pregnant women.

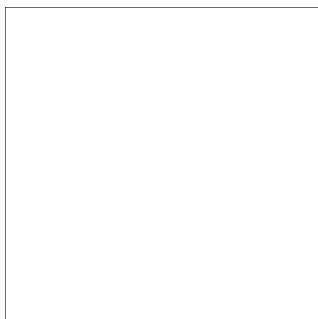


Selamawit ir Inga užaugo skirtingomis aplinkybėmis. Selamawit jautėsi saugi, nes ji jau buvo gimdžiusi. Inga apie gimdymą kalbėjosi su savo motina.

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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.

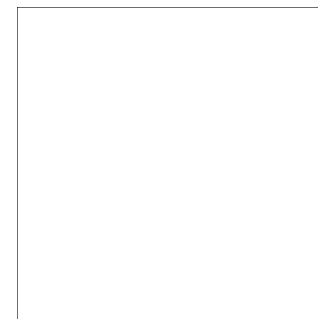




Abi moterys buvo girdėjusios, kad daugumoje Europos valstybių besilaukiančios moterys turi teisę į priežiūrą prieš gimdymą. Tai reiškia, kad jos sulauks pagalbos savo nėštumo laikotarpiu. Selamawit užsiregistravo vizitui pas gydytoją iš karto, kai sužinojo, kad laukiasi. Selamawit vyras ją nuvežė pas gydytoją.

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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.



Gydytojas atliko tyrimus ir sužinojo, kad Selamawit gresia diabetas, kuris gali išsivystyti kai kurioms nėščioms moterims. Ji turėjo sveikai maitintis ir mankštintis. Selamawit džiaugėsi, kad pas gydytoją apsilankė anksčiau, prieš jai ir jos vaikui susergant.

...

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.