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जन्म दिनु / Giving birth

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नेपाली ne / English en

सेलामावित २९ वर्षकी भइन्। उनले इरिट्रियामा आफ्नो पहिलो सन्तानलाई जन्म दिइन्। उनी र उनको परिवारले त्यहाँ कठिन समय बिताउन पर्यो, त्यसैले उनीहरूले इटाली जाने निर्णय गरे।

. . .

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.

दुवै महिलाले स्वस्थ बच्चा जन्माए। सेलामावितको दोस्रो छोरा भयो भने इन्गाको पहिलो छोरी भयो। तिनीहरूका पतिहरूलाई निकै गर्व थियो, र तिनीहरूले चिनजानका मान्छेहरू र आफन्तहरू सबैलाई आफ्ना बलिया पत्नीहरू र स्वस्थ बच्चाहरूको बारेमा बताए।

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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.

इन्गाले १९ वर्षको हुनुअघि नै घर छोडेकी थिइन्। उनी नर्वे सरूवा भएकी थिइन् र त्यहाँ उनको पहिलो सन्तान भएको थियो।

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

जब सेलामावित दोस्रो पटक गर्भवती भइन्, अर्को देशमा बच्चा जन्माउँदा कस्तो हुन्छ होला भन्ने सोच्न थालिन्।

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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.

इन्गा र उनको चिकित्सकले उनको गर्भावस्थाको बेला नियमित जाँचको लागि एक प्रसाविकालाई भेट्ने सल्लाह गरे। प्रसाविकाले उनलाई खाना र आरामको बारेमा सुझाव दिइन् र आफू र आफ्नो बच्चालाई कसरी सुरक्षित र स्वस्थ राख्ने भन्ने बारे जानकारी दिइन्।

. . .

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.

जब इन्गाको छिमेकीले उनी बच्चा जन्माउने प्रयास गरिरहेको सुने, छिमेकीले उनलाई गर्भवती हुने बित्तिकै चिकित्सकलाई देखाउन भने। यसरी उनले आफू र आफ्नो बच्चा स्वस्थ छन् भनी सुनिश्चित गर्न सक्छिन्। चिकित्सकले उनलाई फोलिक एसिड नामक औषधी खान भने जून गर्भवती महिलाका लागि एक महत्त्वपूर्ण भिटामिन हो।

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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.

सेलामविति र इन्गा फरक पृष्ठभूमिबाट आउँछन्। सेलामावितिले सुरक्षित र सजिलो महसुस गरिन् किनभने उनीसँग बच्चा जन्माउने अनुभव थियो। इन्गाले आफ्नी आमासँग बच्चा जन्माउने बारेमा कुरा गरिन्।

. . .

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.

दुवै महिलाले सुनेका थिए कि अधिकांश युरोपेली देशहरूमा गर्भवती महिलाहरूलाई प्रसव पूर्व हेरचाहको अधिकार छ। यसको मतलब उनीहरूले गर्भावस्थामा मद्दत पाउनेछन्। सेलामावितले आफू गर्भवती भएको थाहा पाउने बित्तिकै डाक्टरसँग भेट्ने समय मागिन्। सेलामावितका श्रीमानले उनलाई डाक्टरकहाँ लगे।

. . .

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.

डाक्टरले केही परीक्षण गरे र थाहा पाए कि सेलामावितलाई एक प्रकारको मधुमेह थियो जुन केही गर्भवती महिलाहरूलाई हुन्छ। उनले स्वस्थ खाना खान र व्यायाम गर्नुपर्ने हुन्छ। सेलामावित र उनको बच्चा बिरामी हुनु अघि उनी चाँडै डाक्टरकहाँ गएकोमा खुसी थिइन्।

. . .

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.