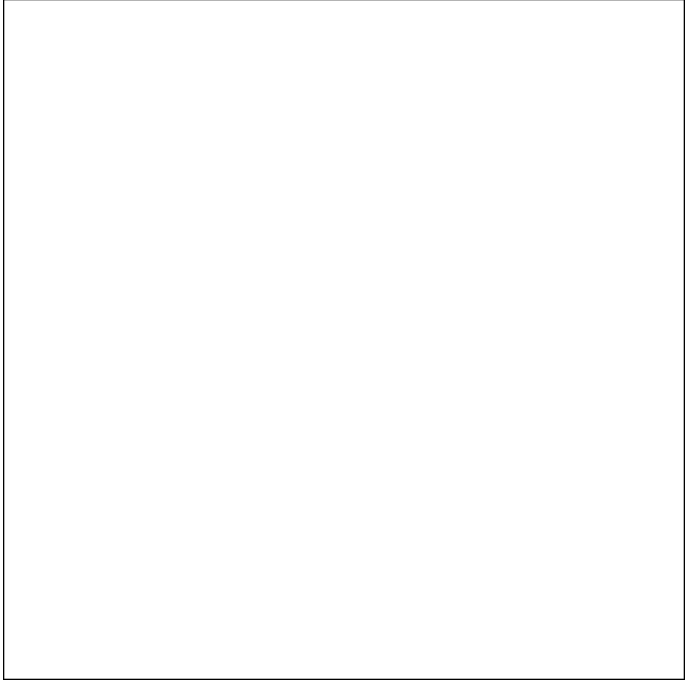


ਜਨਮ ਦਿੰਦੇ

Giving birth



LIDA Norge ✎
Sara Dorteia Johannesen ✎
Anup Aryal 🗨️
4
ਜੈਸਾਲੀ ne / English en



LIDA Stories

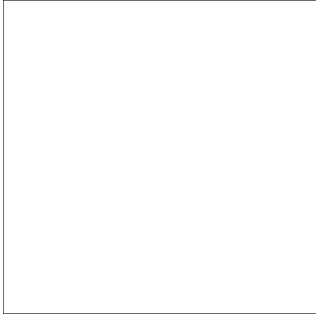
lidadstories.net

ਜਨਮ ਦਿੰਦੇ / Giving birth

LIDA Norge ✎
Sara Dorteia Johannesen ✎
Anup Aryal (ne) 🗨️



This work is licensed under a Creative Commons
[Attribution 4.0 International License](https://creativecommons.org/licenses/by/4.0).
<https://creativecommons.org/licenses/by/4.0>



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।

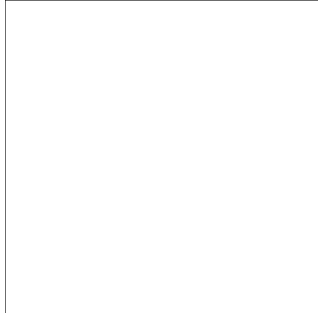
...

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.

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.

...

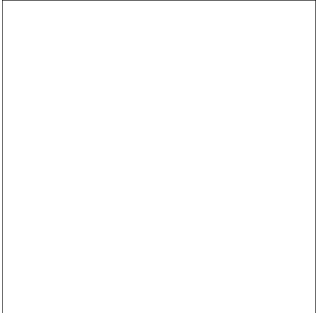
दुई महिलाहरू स्वस्थ बच्चा जन्माए। सेलामावितको दोस्रो छोरा भयो भने इन्गाको पहिलो छोरी भयो। तिनीहरूका पहिलेहरूलाई निकै गर्व थियो, र तिनीहरूले चिनजानका मान्छेहरू र आफन्तहरू सबैलाई आफ्ना बालिया पनीहरू र स्वस्थ बच्चाहरूको बारेमा बताए।

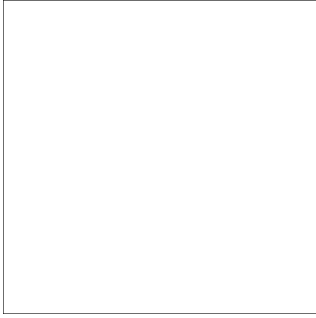


Inga left home just before she turned 19. She moved to Norway and had her first child there.

...

इन्गाले १९ वर्षको हुनुआघि नै घर छोडेकी थिइन्। उनी नर्वे सकेवा गएकी थिइन् र त्यहाँ उनको पहिलो सन्तान भएको थियो।

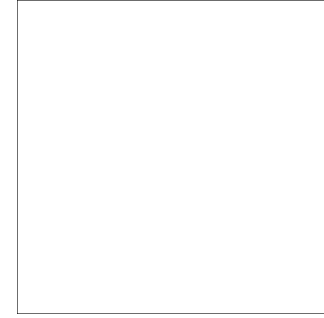




जब सेलामावित दोस्रो पटक गर्भवती भइन्, अर्को देशमा बच्चा जन्माउँदा कस्तो हुन्छ होला भन्ने सोच्न थालिन्।

...

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.

સેલામાવિતે ૨ કન્યા ફરક પૃષ્ઠમિલિત આડૂંછને, સેલામાવિતે
 સુરક્ષિત ૨ સજિલો મરુસુસ ગરિને કિનમને ડનીસૂં બચ્ચા જન્માડને
 અનુભવ થિયો। કન્યાલે આપની આમાસૂં બચ્ચા જન્માડને બારેમા
 કુટ્યા ગરિને।

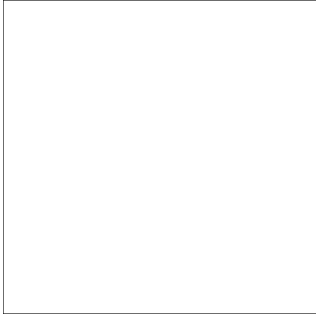
...

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.

જબ કન્યાકો છિમેકોલે ડની બચ્ચા જન્માડને પ્રયાસ ગરિરેકો સુને,
 છિમેકોલે ડનલકે ગર્ભવતી કુને જિલકે જિવોક્સકલકે કુટ્ટેચાડન
 મને। યસરી ડનલે આર્ક ૨ આપની બચ્ચા સ્વસ્થ છને મની સુનિશ્ચિત
 ગને સજિછને। જિવોક્સકલે ડનલકે કોલિક ઇસિડ નામક ઓષધી
 લેખ મને જોન ગર્ભવતી મરિલોકા લાગી એક મરુત્વપૂર્ણ ખિરોમિન

...

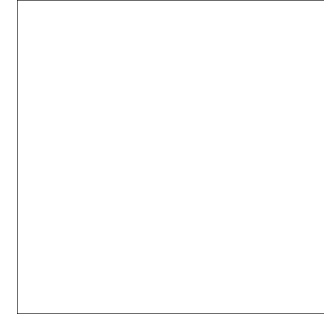
When Inga's neighbour heard that she was
 trying to have a baby, the neighbour told her to
 see a doctor as soon as she was pregnant. That
 way she could make sure that she and her baby
 were healthy. The doctor told her to take folic
 acid, a vitamin that is important for pregnant
 women.



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 माग्नि। 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.