መውለድ

Giving birth

LIDA Norge
Sara Dorthea Johannesen
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ሰላማዊት 29 አመቷ ነው። የመጀመሪያ ልጇን ኤርትራ ውስጥ ወለደች። እሷና ቤተሰቧ እዚያ በጣም ስለተቸገሩ ወደ ጣሊያን ለመሄድ ወሰኑ።

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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.

ኢንጋ ገና 19 ዓመት ሳይሞላት በፊት ከቤት ወጣች። ወደ ኖርዌይ ሄዳ የመጀመሪያ ልጇን እዚያ ወለደች።

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

ሰላማዊት ሁለተኛ ልጇን ባረገዘች ጊዜ ሌላ ሀገር ልጅ መውለድ ምን ሊመስል እንደሚችል አሠበች።

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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.

ሰላማዊት እና ኢንጋ ከተለያዩ ቦታዎች የመጡ ናቸው። ሰላማዊት የመውለድ ልምድ ስላላት ደህንነት ተሰምቷታል። ኢንጋ ስለ መውለድ እናቷን ኣናገረች።

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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.

ሁለቱም ሴቶች በአብዛኛዎቹ የአውሮፓ አገሮች ነፍሰ ጡር እናቶች የቅድመ ወሊድ እንክብካቤ የማግኘት መብት እንዳላቸው ሰምተው ነበር። ይህ ማለት በእርግዝና ወቅት እርዳታ ያገኛሉ ማለት ነው። ሰላማዊት መፀነሷን እንዳወቀች ከዶክተሯ ጋር ቀጠሮ ያዘች። የሰላማዊት ባል በመኪና ወደ ሐኪም ወሰዳት።

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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.

ሐኪሙ አንዳንድ ምርመራዎችን ካደረገ በኋላ ሰላማዊት አንዳንድ ነፍሰ ጡር እናቶች የሚይዘው የስኳር በሽታ እንዳለባት አወቀ። ጤናማ ምግብ መመገብ እና የአካል ብቃት እንቅስቃሴ ማድረግ ነበረባት። ሰላማዊት እሷና ልጇ ከመታመማቸው በፊት ዶክተር ጋር ቀድማ በመሄዷ ተደሰተች።

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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.

የኢንጋ ጎረቤት ልጅ ለመውለድ እየሞከረች እንደሆነ ስትሰማ ጎረቤቷ እንዳረገዘች ዶክተር እንድትሄድ በፍጥነት ነገሩዋት። በዚህ መንገድ እሷ እና ልጇ ጤናማ መሆናቸውን ማረጋገጥ ትችላለች። ዶክተሩ ለነፍሰ ጡር ሴቶች ጠቃሚ የሆነውን ፎሊክ አሲድ የተባለውን ቫይታሚን እንድትወስድ ነገራት።

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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.

ኢንጋ እና ሀኪሟ በእርግዝናዋ ወቅት መደበኛ ምርመራ ለማድረግ አዋላጅ ነርስ እንድታገኝ ተስማሙ። አዋላጇ ስለ ምግብ እና እረፍት እንዲሁም እራሷን እና ልጇን እንዴት ደህንነት እና ጤንነቷን መጠበቅ እንዳለባት መረጃ ሰጣት።

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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.

ሁለቱም ሴቶች ጤናማ ልጆችን ወለዱ። ሰላማዊት ሌላ ወንድ ልጅ ወለደች። ኢንጋ ደሞ ሴት ልጅ ወለደች። ባሎቻቸው በጣም ኩሩ ነበሩ፣ እናም ለሚያውቋቸው ሁሉ ስለ ጠንካራ ሚስቶቻቸው እና ጤናማ ልጆቻቸው ያወሩ ነበር።

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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.

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