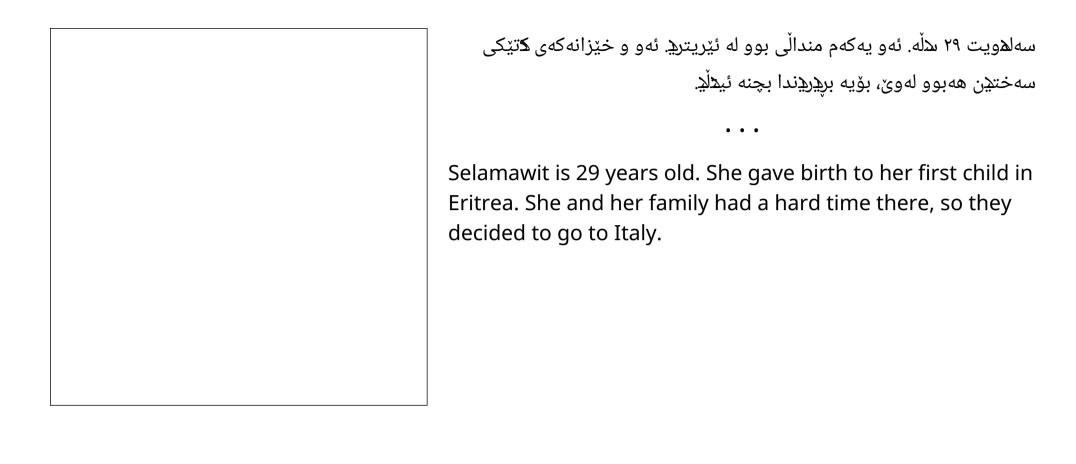
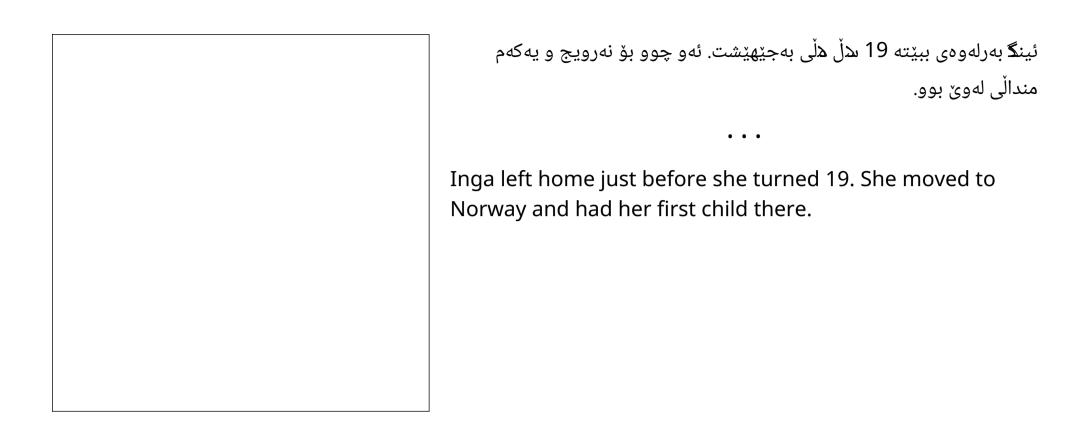
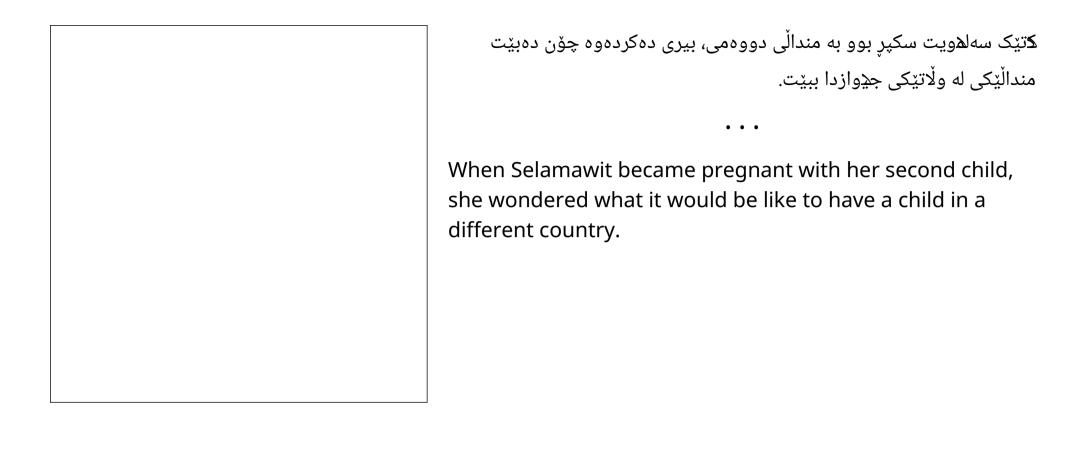
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## **Giving birth**

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- **il** 4
- 💬 کوردی / English [en]







سەلھویت و ئینگله پیّشینهی زوّر جیوازهوه هتوون. سەلھویت هەستی به سەلامەتی کرد چونکه ئەزموونی مندالْبوونی هەبوو. ئینگ قسەی لەگەلْ دایکی کرد لعبرهی مندالْبوون.

. . .

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. هەردوو ژنەكە ئەوھىن بىستبوو كە لە زۆربەى ولاتە ئەوروپيەكىندا ۋىدنى دووگىن دۇقىن چودىرىكردنى پىش مندالبوونىن ھەيە. ئەمە ولاى ئەوەيە كە ئەوان دەدرىن لەھوەى دووگىدنىيەكەلىن. سەلھويت ھەر كە زانى دووگىنە وادەيەكى لەگەل دكتۆرەكەى دىلا. مىردەكەى سەلھويت ئەوى برد بۆ لاى دكتۆرەكە.

. . .

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.

دکتۆرەکە ھەندێک پشکنینی بۆ کرد و بۆی دەرکەوت کە سەلھویت جۆرێک لە شەکرەی ھەیە کە ھەندێک ژنی دووگێن تووشێن دەبێ. پێویست بوو ئەو خواردنی تەندروست بخوات و ڕاھێێن بکت. سەلھویت خۆشحڵ بوو کە زوو چووە لای دکتۆر، بەر لەوەی خۆی و منداڵەکەی نەخۆشی بگرن.

. . .

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.

گتیک دراوسیّی ئینگ بیستی ئه و ههولّده دات مندالّیکی ببیّ، دراوسیّکه پیّی گوت ههر که زانی دووگینه چوی به دکتوّریّک بکهویّ. بهوجوّره دهتوانیّ دلّیبیّته وه که خوّی و منداله کهی سهلامه تن. دکتوّره که پیّی گوت که ترشی فوّلیک وهرگریّ، که قیدمینیّکی گرنگه بوّ ژهنی دووگین.

. . .

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.

ئینگ و دکتۆرەكەى رێككەوتن كە ئەو دەبێ چوى بە ۿۿنێك بكەوێ بۆ پشكنینى ۿوەۿوە لەھۋەى دووگينىيەكەيدا. ۿۿنەكەۿمۆژگرى پێيدا لىظرەى خواردن و پشوودان، لەگەڵ زانيرى لىظرەى ئەۋەى چۆن خۆى و منداڵەكەىھش و سەلامەت بهێڵێتەۋە.

. . .

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. هەردوو ژنەكە منداڵى تەندروستين بوو. سەلھويت كوڕێكى ترى بوو، لەكتێكدا ئینگا كچێكى بوو. مێردەكانین زۆر شازین دەكرد، وە بە ھەموو كەسێكین دەگوت كە دەربررەى ژنە بەھێزەكانین و منداڵه تەندرووستەكانین زانیوینه.

. . .

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.



## **LIDA Stories**

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