



Dhiëth

Giving birth

 LIDA Norge

 Sara Dorthea Johannesen

 Moses Ghuem wol

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 Dinka / English



Selamawit alaŋ ruun ka 29. E dhiëth manh den tueŋ pan cɔl Eritrea. Yen kek kuatde ake rɛɛc piir, gokë tak bik la pan cɔl Italy.

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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.



Inga ee jäl panden ka ḡööt kic ruḡn 19 dööt. E la pan cɔl Norway ku le dhiëth manh den tueḡ thïn.

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



On cii Selamawit liéc ë mēnh den rou, ee ye gäi bë tǝu de
yen dhiēnh pandët.

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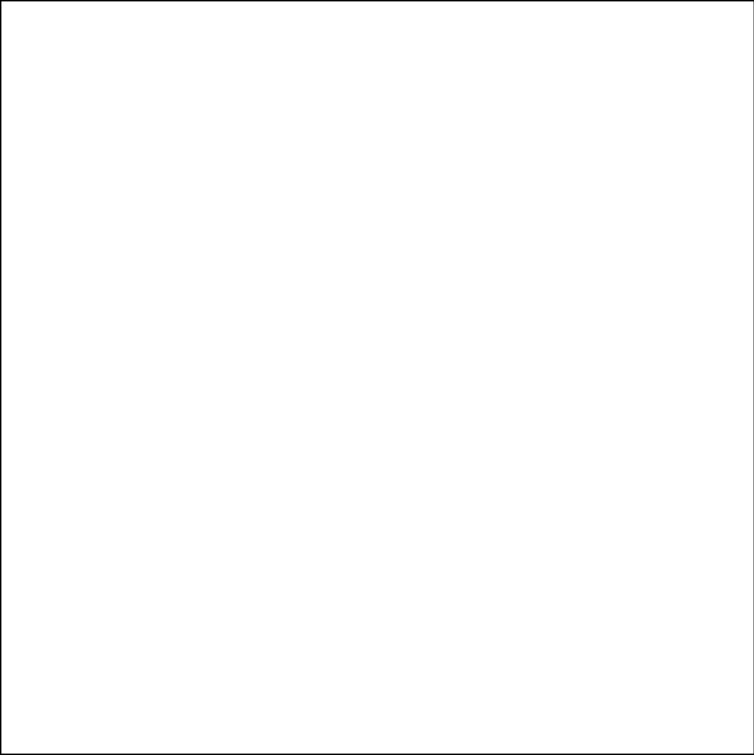
When Selamawit became pregnant with her second child,
she wondered what it would be like to have a child in a
different country.



Selamawit kek Inga abjü ḡḡḡn cë räm. Selamawit ee ye rot yök kapuɔl wët cii yen kan dhiëth. Inga ee cë jam kek maan alɔŋ dhiëth.

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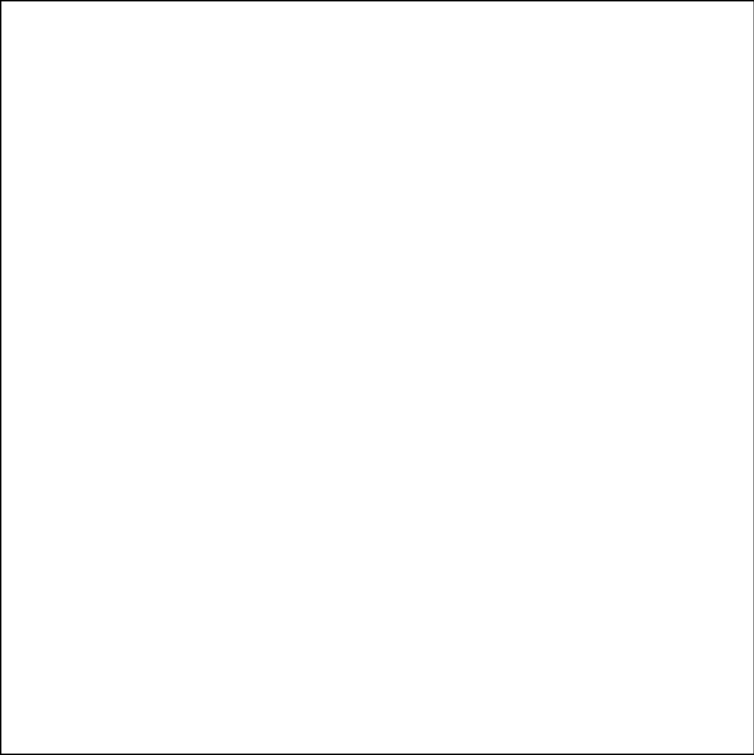
Selamawit and Inga come from different backgrounds. Selamawit felt safe because she had experience with giving birth. Inga talked to her mother about giving birth.



Kek diäär käk kedhie ee cik piŋ lɔnadë bëëi Europe yiic, diäär liéc alaŋ yiny ye kek gäm kuɔny dhaman liéc. Aye kek kony dhaman cii kek liéc. Selamawit ee cë jam kek akim dhaman puɔc yen liécde ŋic. Mony Selamawit ee cë yen jat tãn akim ë riäi.

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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.



Akim ee cë Selamawit them go yök ka laṅ guöp tuany thukar tɔü ke diäär liɛc. Awic bë ya cäm miith piath ku lui riethat. Selamawit ee cë puou miɛt wët cii ḡen laj la tän akim ka manhde kic guo tuany.

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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.



Wën cii jerän ë Inga ye piŋ lɔnadë ka liac meth, go jerän lëk yen bë akim laj tiŋ. Tä loi yen ekën ka yen ku manhde abë guup pial. Go akim lëk yen bi deek wäl cɔl folic acid, ee bitamen diäär liɛ.

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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.



Inga kek akimde acë rööť piŋ lɔnadë ka Inga abë ya yök kek agëëim be ya la tiŋ dhaman liɛc ɣen. Agëëim ace wëët cäm bë ya cam, ku lon bi yen ku manh tiet thïn bik guup pial.

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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.



Kek diäär kedhie aacë dhiëth miith puol gup. Selamawat acë dhiëth dhöj dët, ku Inga acë dhiëth nya. Röö'r ken ake cë nhiam apëi, ku lëkkë raan njickë abën lonadë ka laj diäär ril ku miith ken puol guup.

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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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Sara Dorthea Johannesen



Moses Ghuem wol (din)

