ሕርሲ

Giving birth

LIDA Norge

Sara Dorthea Johannesen

Seyum

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ትግርኛ ti / English en

ሰላማዊት ጓል 29 ዓመት እያ። ናይ መጀመርታ ውላዳ ኣብ ኤርትራ ወሊዳ። ንሳን ስድራኣን ኣብ ኤርትራ ተጸጊሞም ስለ ዝነበሩ ናብ ጣልያን ክኸዱ 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 ቅድሚ 19 ዓመት ምምላኣ ካብ ገዛ ወጺኣ። ናብ ኖርወይ ምስከደት ኣብኡ ከኣ ናይ መጀመርታ ውላዳ ወሊዳ።

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

ሰላማዊት ካልኣይ ውላዳ ምስ ጠነሰት ኣብ ካልእ ሃገር ቆልዓ ምውላድ ከመይ ኮን ይኸውን እንዳበለት ትሓስብ ነበረት።

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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.

ሰላማዊትን ኢንጋን ዝተፈላለየ ድሕረ ባይታ እዩ ዘለውን። ሰላማዊት ኣብ ሕርሲ ተመኩሮ ስለ ዝነበራ ውሕስነት ተሰሚዕዋ ነይሩ። ኢንጋ ብዛዕባ ሕርሲ ምስ ኣዲኣ ኣዕለለት።

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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.

ክልቲኦን ደቂ ኣንስትዮ ብዛዕባ ኣብ መብዛሕትኦን ሃገራት ኣውሮፓ ነፍሰጾራት ናይ ቅድሚ ሕርሲ ክንክን ናይ ምርካብ መሰል ከም ዘለወን ሰሚዐን ነይረን። እዚ ማለት ኣብ እዋን ጥንሲ ሓገዝ ይረኽባ ማለት እዩ። ሰላማዊት ጥንስቲ ምዃና ምስ ተረድአት ሽዑ ንሽዑ ምስ ሓኪማ ቆጸራ ገበረት። በዓል ቤት ሰላማዊት ብመኪና ገይሩ ናብቲ ሓኪም ኣብጺሕዋ።

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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.

እቲ ሓኪም ሓደሓደ ምርመራታት ብምግባር ሰላማዊት ኣብ ሓደ ሓደ ነፍሰጾራት ክርከብ ዝኽእል ዓይነት ሕማም ሽኮር ከም ዘለዋ ፈለጠ። ንጥዕናኣ ዝስማማዕ ምግቢ ክትበልዕን ኣካላዊ ምንቅስቓስ ክትገብርን ነይርዋ። ሰላማዊት ንሳን ውላዳን ከይሓመሙ ብኣግኡ ናብ ሓኪም ብምኻዳ ሕጉስቲ ነይራ።

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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.

ናይ ኢንጋ ጎረቤት ኢንጋ ቆልዓ ክትወልድ ትሓስብ ከምዘላ ምስ ተረድአትን ከምኡ'ውን ምስ ጠነሰትን ቀልጢፋ ናብ ሓኪም ክትከይድ ከምዘልዋ ነገረታ። በዚ መንገዲ ድማ ንሳን ውላዳን ጥዑያት ምዃኖም ክተረጋግጽ ክኢላ እያ። እቲ ሓኪም ከኣ ንነፍሰጾራት ኣገዳሲ ዝኾነ ፎሊክ ኣሲድ ዝትብሃለ ቫይታሚን ንኽትወስድ ነገራ።

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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.

ኢንጋን ሓኪማን ኣብ እዋን ጥንሲ ምስ መሕረሲት እንዳተራኸበት ቐጻሊ ምርመራ ንኽትገብር ተሰማሚዖም። እታ መሕረሲት ብዛዕባ ምግብን ዕረፍትን ከምኡ’ውን ንነብሳን ንውላዳን ብኸመይ መንገዲ ብውሑስን ጽቡቕን ክትሕዝ ከም እትኽእል ዝገልጽ ሓበሬታ ሂባታ።

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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.

ክልቲአን ደቂ ኣንስትዮ ጥዑያት ቆልዑ ክወላዳ ክኢለን እየን። ሰላማዊት ካልኣይ ውላዳ ወዲ ክትወልድ ከላ ኢንጋ ድማ ጓል ወሊዳ። ሰብኡተን ኣዝዮም ይሕበኑ ነበሩ። ብዛዕባ እተን ንፉዓት ኣንስቶምን ጥዑያት ደቆምን ድማ ንኹሎም ዝፈልጥዎም ይነግሩ ነበሩ።

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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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LIDA Norge
Sara Dorthea Johannesen
Seyum (ti)