

Dhieth Giving birth



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Moses Ghuem wol 📄
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Dinka / English / English en

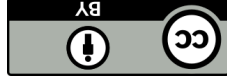


LIDA Stories

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Dhieth / Giving birth

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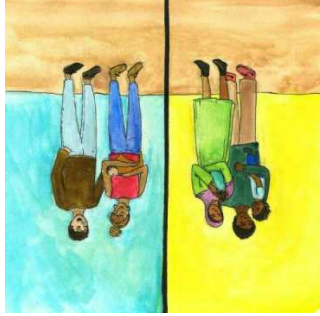
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Selamawit alaŋ ruun ka 29. E dhiëth manh den
tueŋ pan cɔl Eritrea. Yen kek kuatde ake rɛɛc
piir, gokë tak bik la pan cɔl Italy.

...

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.



Kek diaär kedhie aacè dhieth miih pucl gup.
Selamawat acè dhieth dhcy det, ku Inga acè
dhieth nya. Rcyr ken ake cè nhiam ape!, ku lekke
raan njicke aben lcnade ka lany diaär ril ku miih
ken pucl gup.

...

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.



Inga ee jal panden ka nööc kic ruyn 19 dööt. E la
pan cöl Norway ku le dhieth manh den tueng thün.
...

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



On cii Selamawit liéc ë menh den rou, ee ye gäi
bë tɔü de yen dhiënh pandët.

...

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



Inga kek akimde acë rööť piñ lonadë ka Inga abë
ya yök kek agëëm be ya la tiñ dhaman liéc yen.
Agëëm ace wëët cäm bë ya cam, ku lon bi yen ku
manh tiet thün bik guup pial.

...

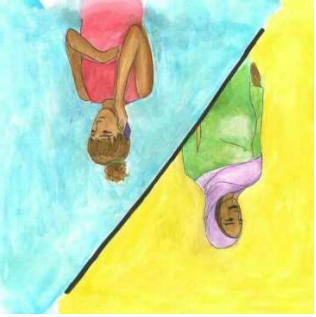
Inga and her doctor agreed that she would meet
a midwife for regular check-ups during her
pregnancy. The midwife gave her advice on food
and rest, and information on how to keep
herself and her baby safe and well.



Wen cii jerän ë Inga ye ping lcnade ka liac meth,
go jerän lek yen be akim laj ting. Ta loi yen eken
ka yen ku manhde abe guup ial. Go akim lek
yen bi deek wal cöl folic acid, ee bitamen diaär
lic.

...

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.



Selamawit kek Inga abju yɔɔn cë räm.
Selamawit ee ye rot yök kapuɔl wet cii yen kan
dhieeth. Inga ee cë jam kek maan alɔŋ dhieeth.
...

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 cık piŋ İbnadë bēïi Europe yiic, diäär liıc alaŋ yiny ye kek gäm kuony dhaman liıc. Aye kek kony dhaman cii kek liıc. Selamawit ee cë jam kek akim dhaman puɔc yen liıcde ŋic. Mony Selamawit ee cë yen jat tãn akim ë riäi.

...

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 laŋ guöp tuany thukar tãu ke diäär liıc. Awic bē ya cãm miith piath ku lui riethat. Selamawit ee cë puou miët wēt cii ŋen laj la tãn akim ka manhde kic guɔ tuany.

...

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.