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Kubyara / Giving birth

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Kubyara

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Ikinyarwanda rw / English en

Selamawit afite imyaka 29. Umwana we wa mbere yamubyariye muri Eritrea. We n’umuryango we bahagiriye ibibe bitoroshye, bituma biyemeza kujya mu Butaliyani.

. . .

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.

Ababyeyi bombi babyaye abana bameze neza. Selamawit yarongeye abyara umuhungu, na ho Inga abyara umukobwa. Abagabo babo bumvise batewe ishema n’ubutwari bw’abagore babo ndetse no kuba abana bameze neza, maze bakajya babibwira buri wese baziranye.

. . .

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 yavuye iwabo ari hafi kuzuza imyaka 19. Yagiye muri Noruveje ahabyarira umwana we wa mbere.

. . .

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

Ubwo Selamawit yasamaga inda y’umwana wa kabiri, yibazaga uko bizaba bimeze kubyarira mu kindi gihugu.

. . .

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

Inga na muganga bemeranyije ko agomba kujya ajya kureba umubyaza kuri gahunga ihoraho, akazamukurikirana kugeza abyaye. Umubyaza yamugiriye inama ku byerekeye indyo yuzuye no kuruhuka, ndetse amuha n’amakuru ajyanye n’uko yakomeza kurinda ubuzima bwe n’ubw’umwana we.

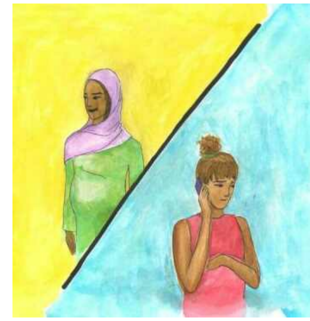
. . .

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.

Ubwo umuturanyi wa Inga yumvaga ko ashaka gusama, yamubwiye ko agomba kwihutira kwa muganga akimara kumenya ko yasamye. Ibyo bikazatuma amenya neza ko we n'umwana bameze neza. Muganga yamusabye gufata aside folike, vitamine y'ingenzi ku bagore batwite.

. . .

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 na Inga bakomoka ahantu hatandukanye. Selamawit yumvaga adahangayitse kubera ko atari ubwa mbere yari agiye kubyara. Inga yaganirije Mama we ibijyanye no kubyara.

. . .

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.

Aba bagore bombi bari barumvise ko mu bihugu byinshi by’Uburayi, abagore batwite baba bafite uburenganzira kuri gahunda zo gukurikirana umubyeyi utwite. Bisobanuye ko bazitabwaho igihe bazaba batwite. Selamawit akimara kumenya ko yasamye, yahise afata gahunda yo kubonana na muganga. Umugabo we yamutwaye mu modoka bajya kwa Muganga.

. . .

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.

Muganga yamufashe ibizamini maze asanga Selamawit afite ubwoko bwa diyabete bugirwa na bamwe mu bagore batwite. Asabwa kurya indyo yuzuye ndetse agakora siporo. Selamawit yashimishijwe no kuba yaragiye kwa muganga hakiri kare, mbere y’uko we n’umwana we barwara.

. . .

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.