



生仔

Giving birth

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塞拉瑪維特今年二十九歲。佢喺厄利垂亞生咗第一個細路。佢同佢屋企人喺嗰度過得好辛苦，所以佢哋決定去意大利。

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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.



茵加係就嚟十九歲嘅時候搬去挪威同埋喺嗰度生咗第一個細路。

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



喺塞拉瑪維特有咗第二個細路嘅時候，佢好好奇唔知喺第二個國家度生仔會點。

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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.



塞拉瑪維特同茵加都係嚟自唔同嘅背景。塞拉瑪維特因為有過生仔嘅經驗所以覺得好安心。茵加同佢媽咪討論過生仔嘅事。

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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.



佢哋兩個都有聽講過係大部分歐洲國家，大肚婆有權接受產前護理。噉代表佢哋喺有咗嘅期間可以得到幫手。當塞拉瑪維特知道自己有咗之後，佢就即刻約定醫生。塞拉瑪維特嘅老公揸車送佢去睇醫生。

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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.



醫生做咗一啲檢查，然後發現塞拉瑪維特有一種大肚婆會有嘅糖尿病。佢而家一定要食健康嘅嘢同做運動。塞拉瑪維特好慶幸嘞佢同佢個仔病之前就已經去咗睇醫生。

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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.



當茵加嘅鄰居聽到佢想生仔嘅時候，鄰居話俾佢知一有咗就要去睇醫生。噉樣可以確保佢同佢個仔都健康。醫生叫佢食葉酸，呢個係對大肚婆好重要嘅維他命。

...

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.



茵加同佢嘅醫生同意咗喺佢有咗嘅期間見助產士做定期檢查。助產士會俾一啲飲食同作息嘅建議，同埋點樣確保自己同個仔安全健康嘅資訊佢。

...

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.



佢哋兩個女人都生咗健康嘅細路。塞拉瑪維特生咗另一個男仔，而茵加生咗個女。佢哋嘅老公好自豪同埋話俾所有人知佢地有好勁嘅老婆同健康嘅子女。

...

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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