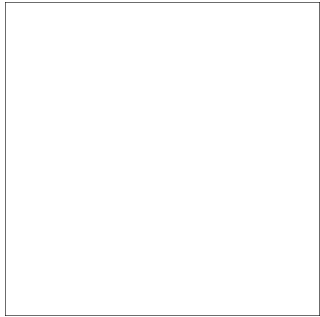


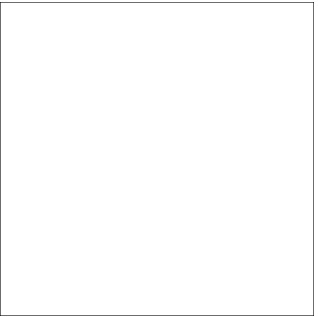
Selamawit alaŋ ruun ka 29. E dhiëth manh den
tueŋ pan cɔl Eritrea. Yen kek kuatde ake rɛɛc
piir, gokë tak bik la pan cɔl Italy.

...

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 diaar kedhie aace dhieth mith pucl gup.
 Selamawat ace dhieth dhcy det, ku Inga ace
 dhieth nya. Rcyr ken ake ce nhiam ape!, ku lekke
 raan njicke aben lcnade ka lany diaar ril ku mith
 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 noot kic ruyn 19 doot. E la
 pan ccl Norway ku le dhieth manh den tueng thin.
 ...
 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.

...

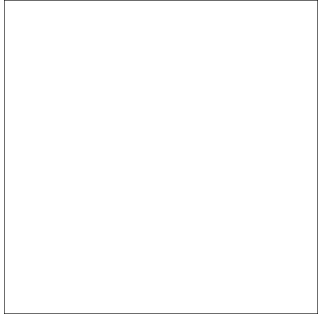
When Selamawit became pregnant with her
second child, she wondered what it would be
like to have a child in a different country.



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 thïn bik guup pial.

...

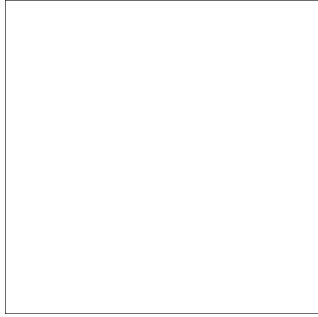
Inga and her doctor agreed that she would meet
a midwife for regular check-ups during her
pregnancy. The midwife gave her advice on food
and rest, and information on how to keep
herself and her baby safe and well.



Selamawit kek Inga abju yɔɔn cɛ rəm.
Selamawit ee ye rot yök kapuɔl wɛt cii yen kan
dhiẽth. Inga ee cɛ jam kek maan alɔŋ dhiẽth.

...

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.



Wen cii jerãn ɛ Inga ye piŋ lɔnade ka liac meth,
go jerãn lek yen be akim laj tiŋ. Ta loi yen eken
ka yen ku manhde abe guup ial. Go akim lek
yen bi deek wal cɔl folic acid, ee bitamen diãar
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.



Kek diäär käk kedhie ee cïk piŋ lɔnadë bëëi Europe ŷiic, diäär liɛc alaŋ yiny ye kek gäm kuɔny dhaman liɛc. Aye kek kony dhaman cïi kek liɛc. Selamawit ee cë jam kek akim dhaman puɔc yen liɛcde 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 tɔü ke diäär liɛc. Awic bë ya cãm miïth piath ku lui riɛthat. Selamawit ee cë puou miɛt wët cïi ŷen 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.