

# Panganganak Giving birth



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Tagalog [tl] / English [en] 🗣️

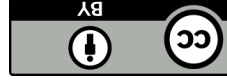


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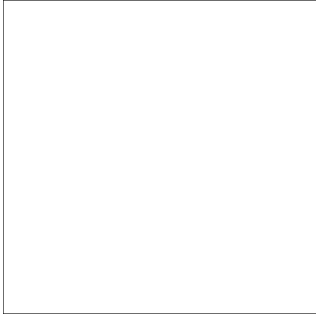
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### Panganganak / Giving birth

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Si Selamatay ay dalawampu't siyam na taong gulang. Ipinanganak niya ang kanyang unang anak sa Eritrea. Nagkaroon ng mahirap na panahon siya at ang kanyang pamilya, kaya nagpasya silang pumunta sa Italya.

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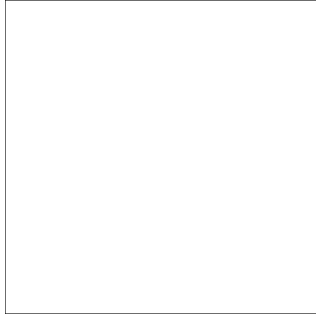
Selamatay is 29 years old. She gave birth to her first child in Eritrea. She and her family had a hard time there, so they decided to go to Italy.



Umalis si Inga sa bahay bago siya mag-labing  
siyam na taong gulang. Lumipat siya sa Norway  
at doon nagkaroon ng kanyang unang anak.

...

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



Parehong babae ang nanganak ng malulusog  
na sanggol. Si Selamawit ay nagkaroon ng isa  
pang anak na lalaki, habang si Inga ay may  
isang anak na babae. Lubos na ipinagmamalaki  
ng kanilang mga asawa ang kanilang mga  
matatag na asawa at malulusog na mga anak, at  
ibinalita nila ito sa lahat ng taong kilala nila.

...

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.



Nang mabuntis si Selamawit sa kanyang pangalawang anak, naisip niya kung paano ang pagkakaroon ng anak sa ibang bansa.

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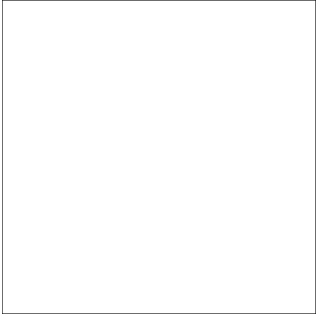
When Selamawit became pregnant with her second child, she wondered what it would be like to have a child in a different country.



Nagkasundo sina Inga at ng kanyang doktor na magpatingin siya sa isang midwife para sa regular na check-up sa loob ng kanyang pagbubuntis. Binigyan siya ng payo ng midwife tungkol sa pagkain at pagpapahinga, at impormasyon kung paano panatilihing ligtas at malusog siya at ang kanyang sanggol.

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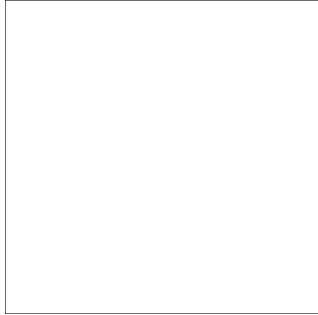
Inga and her doctor agreed that she would meet a midwife for regular check-ups during her pregnancy. The midwife gave her advice on food and rest, and information on how to keep herself and her baby safe and well.



Si Selamawit at Inga ay iba ang pinagmulan.  
 Naramdaman ni Selamawit ang kaligtasan dahil  
 may karanasan na siya sa panganganak.  
 kinausap ni Inga ang kanyang ina tungkol sa  
 panganganak.

...

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.



Nang marinig ng kapitbahay ni Inga na  
 sinusubukan niyang magkaanak, sinabihan siya  
 ng kapitbahay na magpatingin kaagad sa doktor  
 kapag buntis na siya. Sa ganitong paraan,  
 masisigurado niya na malusog sila ng kanyang  
 sanggol. Sinabi ng doktor na uminom ng folic  
 acid, isang bitamina na mahalaga para sa mga  
 buntis.

...

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.



Narinig ng dalawang babae na karamihan ng mga bansa sa Europa, ang mga buntis ay may karapatan sa pangangalaga sa antenatal. Nangangahulugan ito na makakakuha sila ng tulong sa panahon ng kanilang pagbubuntis. Nagpa-appointment si Selamawit sa kanyang doktor nang malaman niyang buntis siya. Dinala si Selamawit ng kanyang asawa sa doktor.

...

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.



Nagsagawa ng ilang pagsusuri ang doktor at nalaman na si Selamawit ay may diabetes na nakukuha ng ilang buntis. Kinailangan niyang kumain ng masustansyang pagkain at mag-ehersisyo. Natuwa si Selamawit na maaga siyang pumunta sa doktor, bago sila magkasakit ng kanyang anak.

...

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.