

Berberse vertaling uit het Nederlands van: 'Somberheid na de geboorte'

Maṛa ʿad mamec turwed, tiṛid twajahed aṭṭaš n tayyirat ljasadiyya, d lætifiyya d lijtimaēiyya. jar nhar wiš ttrata d wiš arbʿa awarni ma taṛud, yemken atacid ak ixfennem bila tuḥred. tiṛi ɗeyya tmukyad, u iteqsiḥ xam atetsed niy tetṛud bra maḍiri ɗin can sabab. manaya qa nurmal uca qaɗiɗu. ḥawer atetsed cwayt ktar. siwer x minzi tacid.

maṛa l aḥasisa siyan zi 10 ar 14 aryum awarni ma turwed, waṛaja ca ḥenja atessiwred x manayenni ak fermeṛa n čar n lwakala niḥanjan d familia, niy ak udbib ennem, niy ak tenni icem issurwen. maṛa tacid ak ixfennem tuḥred, niy tqeḡqed, niy ɗayem liktiab i simanat ni rechuṛa, yemken acem yerqef liktiab itewqiḥen awarni taṛut. 10 ar 20% n temyaṛin iṛeqfitent reḥracaya. liktiab awarni taṛut itir sabab enneš ɗati u mxellet ak tajriba d lxašaiš caxsiyya ennem. u ibeṭṭa aṭṭaš iman ar 6 n simanat awarni taṛut u itcabah aṭṭaš markat enneyni n liktiab. waḡi ya yemmaš uḥenjar waha itsufṛan zi liktiab, uṛad aryaz/nuyiu enneš itsufṛa uṛad neṭṭa.

lʿalamat del aṛad

Timyaṛin iya yeḡa iḥenjan tiṛint aṭṭaš iman uḥrent rami wattetsent mliḥ, u itiri ɗaysent amnuš. timyaṛin iya yeḡa iḥenjan itsufṛan zi liktiab awarni taṛut itiri yasent aṛad waḥrin u itiri yeqseḥ xasent š waṭṭaš aḍeggent rxdemet nsent n kunhar. l aṛad itirin aṭṭaš:

- lmaṛaj itiri yehwa u tasend afkar silbiyya
- yana d lmubaḍara tneqqeš
- tiṛi waṭṭešeṭtu ca mliḥ ak uḥdid enneš
- wayaš bu tiṛi lyaṛiza nel umuma u waṭṭegwed ca aṭṭaš x weḥdid
- tiṛi tuḥer aṭṭaš u wayaš bu itiri jehd
- tasennašd imaṭṭawen
- tahayyuj d nawabat eudwaniyya (aṛawar, taṛrit ya bnaḍem, d ca enneyni)
- macakil n tarkiz, d tacwic, d tetṭu reḥwayej
- itiri iqseḥ xaš atetṭeš niy tiṛi yaš yana niḍeš aṭṭaš
- tneqsaš niy tanniyaš yana n macca š waṭṭaš
- tneqsaš tiqet ɗeg ixfenneš
- taca ak ixfenneš axmi temmut niy texwa zi ɗaxer
- taca sixfenneš bila wayaš bu ejjehd, watsukki, tmel, tugged aṭṭaš
- icetciyyen enneyni am šɗae uzeḡif, d ɗuxet, du maṛeya
- tiṛi tpensar ɗi rmut niy atney ixfenneš

min itxessa ateg?

Pensa ɗi l aṛaḍa u qber bila wattacid ca mamec texsed atacid. siwer ak iwɗan itešned x minzi tacid d reḥmum ennem, waxa manayenni wayshir ca. waḡi bu ɗ lmuckil maṛa tyerɗed: armad ḥenja aḍɗewred d yemmaš uḥenja waḡi d ca ḥajet tešher. kši rweqt ennem u tayḥed mliḥ (ak aḥdid ennem niy bra).

ej aryaz/nuyiu, ameḍɗuker, familia, d ca enneyni acem ʿawnen ak cyer n taɗɗat ɗutjilli ɗi uḥdid ennem. taraš i fermeṛa n čar, niy adbib, niy tenni icem issurwen nasaiḥ. zemman acem wejhen mliḥ. maṛa ufin bila tsufṛad š liktiab awarni taṛut, manaya qa yaš lḥel. maca maṛa watealjed ixfennem, liktiab yemken aɗisiyi aṭṭaš n rešnin.

nasaiḥ n lbi'a

siwer ak yemmaš uḥenjar/taḥenjat x minzi taca d minɗi tpensa. ʿawnit =enja waṭṭici ca š ɗenb bsibbet apensar enneš silbi itxessa walabuɗɗa ašfehmed ɗi lḥala enni iɗi teḡa, u akiš tbeɗɗed u aš tešḥessed nican. siwrem ijjen ak wenneyni x man ljuz' n riɿaya nuḥenjar d cyer n taɗɗat itzemmam ateggem. manaya adyewc i yemmaš uḥenjar cwayt aṭṭaš n rweqt i yexfenneš. waṭṭic bu l aḥamiyya i nawabat eudwaniyya. maṛa immaš uḥenja tazem ixfenneš i ca ḥed, manayenni ixes adini bila qa taca ak ixfenneš mliḥ. azu x ɗaem maṛa twarid ixfennem watzemmad ategged kurci sixfennem. maṛa ɗayem amnuš, taraš nasiḥa i fermeṛa n čar, niy adbib, niy tenni icem issurwen nasaiḥ.