

What is it Like to be Pregnant in China?

Mandarin Corner
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1

Dàjiā hǎo, huānyíng láidào Mandarin Corner! Wǒ shì Eileen.

大家好，欢迎来到 Mandarin Corner！我是 Eileen。

Hi everyone! Welcome to Mandarin Corner, I am Eileen.

2

Zài shàng qī jiémù zhōng ne Jane gēn wǒmen fēnxiǎng le

在上期节目中呢 Jane 跟我们分享了

In the last episode, Jane shared

3

tā yǔ tā de Yīngguó lǎogong de àiqíng gùshi,

What is it Like to be Pregnant in China?

她与她的英国老公的爱情故事，

her romantic story with her British husband,

4

yě tí dào le tāmen yǒu yī gè gāng chūshēng bùjiǔ de bǎobǎo.

也提到了他们有一个刚出生不久的宝宝。

and also mentioned that they just had a baby.

5

Nà jīntiān wǒmen jiù zàicì qǐng dào tā

那今天我们就再次请到她

So today, we're having her again

6

lái gēn wǒmen fēnxiǎng yīxià zài Zhōngguó huáiyùn shēngzǐ de jīnglì.

来跟我们分享一下在中国怀孕生子的经历。

to share with us her experience of being pregnant and having a baby in China.

7

Xiàmiàn wǒmen jiù qǐng tā gēn dàjiā dǎ gè zhāohu ba.

下面我们就请她跟大家打个招呼吧。

Let's have her say "hi" to everyone.

8

Hāilóu, dàjiā hǎo! Wǒ shì Jane,

What is it Like to be Pregnant in China?

哈喽，大家好！我是 Jane，

Hello everyone! I'm Jane,

9

hěn gāoxìng yòu gēn dàjiā jiànmiàn le.

很高兴又跟大家见面了。

and nice to see you all again.

10

Nǐmen jiā bǎobǎo xiànzài yǒu duōdà le?

你们家宝宝现在有多大了？

How old is your baby now?

11

Wǒ jiā bǎobǎo xiànzài chàbuduō yī suì le.

我家宝宝现在差不多一岁了。

My baby is almost a year old now.

12

Wǒ shàngcì kàndào tā le, gǎnjué tā zǒulù hěn kuài ai!

我上次看到他了，感觉他走路很快唉！

The last time I saw him, it felt that he could walk very fast!

13

Shì, hěn duō rén dōu shuō nǐ zěnmē shíyī gè yuè tā zǒu de nàme hǎo!

What is it Like to be Pregnant in China?

是，很多人都说你怎么十一个月他走得那么好！

Yes, many people wondered how an 11-month-old baby could walk so well.

14

Tā gè fāngmiàn fāzhǎn hǎoxiàng dōu bǐjiào tíqián yīdiǎn.

他各方面发展好像都比较提前一点。

His development seems to be a little ahead in all aspects.

15

Wèishénme huì zhèyàngzi?

为什么会这样子？

Why is this?

16

Shì nǐ gěi tā chī le shénme tèbié de yíngyǎng ma?

是你给他吃了什么特别的营养吗？

Did you feed him any special nutrients?

17

Qíshí yě bùshì, yīnwèi wǒ jiā xiānsheng tā bǐjiào zhùzhòng

其实也不是，因为我家先生他比较注重

Actually no. It's because my husband cares a lot

18

duì háizi de péibàn hé jiàoyù ba.

What is it Like to be Pregnant in China?

对孩子的陪伴和教育吧。

about educating and spending time with him

19

Hěn duō jiāzhǎng kěnéng huì gèng bǎohù hái zi yīdiǎn,

很多家长可能会更保护孩子一点，

while many other parents may be more protective of their children

20

bù ràng tā nàme zǎo de qù zǒulù.

不让他那么早地去走路。

and not letting them walk so early.

21

Tāmen shuō bǎobǎo xiǎo de shíhou gèzhǒng jīnéng dōu hái méi fāzhǎn hǎo,

他们说宝宝小的时候各种机能都还没发展好，

They think that when babies aren't fully developed

22

huòzhě shì gǔtou dōu hái méi yìng, jiù ràng bǎobǎo qù zǒu jiù bùtài hǎo.

或者是骨头都还没硬，就让宝宝去走就不太好。

or that their bones aren't hard yet, it's not good to let them walk.

23

Dànshì tā de guānniàn shì zhǐyào bǎobǎo tā xiǎng zhe qù zuò,

What is it Like to be Pregnant in China?

但是他的观念是只要宝宝他想着去做，

But (my husband's) thinking is that as long as our baby wants to do it,

24

nà jiù ràng tā qù zuò. Wǒmen gèng duō gěi bǎobǎo de zìyóu.

那就让他去做。我们更多给宝宝的自由。

then let him do it. We give him more freedom.

25

Tā xiǎng zǒu de shíhòu, wǒmen jiù huì dài zhe tā zǒu,

他想走的时候，我们就会带着他走，

When he wants to walk, we let him walk

26

tā zìrán'érrán jiù xuéhuì le.

他自然而然就学会了。

and naturally, he will learn how to do it.

27

Nǐ zhège bǎobǎo shì jìhuà zhōng de ma?

你这个宝宝是计划中的吗？

Was this baby planned?

28

Wǒmen zhège bǎobǎo shì jìhuà zhōng de yìwài.

What is it Like to be Pregnant in China?

我们这个宝宝是计划中的意外。

It wasn't expected, but still within our plan.

29

Wǒmen yě dǎsuàn shì qùnián hé jīnnián zhèyàng yǒu bǎobǎo,

我们也打算是去年和今年这样有宝宝，

We were planning on having a baby last year or this year.

30

ránhòu bǎobǎo jiù tíqián... shāowēi tíqián yīdiǎn lái le,

然后宝宝就提前... 稍微提前一点来了，

He came a little earlier

31

suǒyǐ yīqiè dōu shì hěn měihǎo de.

所以一切都是很美好的。

and everything worked out beautifully.

32

Nà dāng nǐ fāxiàn zìjǐ huáiyùn le,

那当你发现自己怀孕了，

When you found out that you got pregnant,

33

nǐ yǒuméiyǒu zuò shénme tèbié de cuòshī?

What is it Like to be Pregnant in China?

你有没有做什么特别的措施？

did you take any special measures?

34

Wǒ dāngshí jiù gǎnjué dào bǐjiào kùn, měitiān jiù xiǎng shuìjiào,

我当时就感觉到比较困，每天就想睡觉，

I felt sleepy and wanted to sleep all the time.

35

ránhòu yǐnshí ne kěnéng jiù huì chī de hǎo yīdiǎn.

然后饮食呢可能就会吃得好一点。

In terms of diet, I ate a little better.

36

Jùtǐ qítā de yě méiyǒu duō dà bùtóng,

具体其他的也没有多大不同，

Other than that, there wasn't any big difference

37

jiù gāi zěnmeyàng jiù zěnmeyàng,

就该怎么样就怎么样，

from what I did before.

38

ànzhào zìjǐ de yǐnshí xíguàn lái.

What is it Like to be Pregnant in China?

按照自己的饮食习惯来。

I followed my (old) eating habits.

39

Rénjiā shuō huáiyùn de nǚrén huì xiǎngyào chī suān de dōngxi,

人家说怀孕的女人会想要吃酸的东西，

It is said that pregnant women will want to eat sour food.

40

nǐ yǒu ma? | Méiyǒu ai

你有吗？ | 没有唉

Did you? | Not really.

41

Méiyǒu tèbié xiǎng chī shénme ma?

没有特别想吃什么吗？

Did you have any special cravings?

42

Kěnéng yǒu tèbié xiǎng chī de dōngxi,

可能有特别想吃的东西，

There may be things that I really wanted to eat,

43

dànshì méiyǒu shuō tèbié xiǎng chī suān.

What is it Like to be Pregnant in China?

但是没有说特别想吃酸。

but not sour food in particular.

44

Zài Zhōngguó yǒu suān'ér là nǚ zhè yī shuō fā.

在中国有酸儿辣女这一说法。

In China, there is a saying that goes: sour son, spicy daughter.

45

Nǐ kě yǐ jiě shì yí xià zhè ge shuō fā ma?

你可以解释一下这个说法吗？

Can you explain this?

46

Rén jiā shuō rú guǒ nǐ shì piān... xǐ hào piān xiàng chī suān de,

人家说如果你是偏... 喜好偏向吃酸的，

People say that if you prefer to eat sour food (when you're pregnant),

47

nà nǐ de bǎo bǎo de xìng bié kě néng jiù shì ér zǐ.

那你的宝宝的性别可能就是儿子。

you might have a boy.

48

Rú guǒ nǐ xǐ huan chī là de, nà nǐ bǎo bǎo de xìng bié jiù shì nǚ'ér

What is it Like to be Pregnant in China?

如果你喜欢吃辣的，那你宝宝的性别就是女儿

If you like spicy food, you might have a daughter.

49

Nà nǐ dāngshí zhēn de méiyǒu tèbié xiǎng chī suān de ma?

那你当时真的没有特别想吃酸的吗？

You really didn't want to eat sour food?

50

Zhè dào méiyǒu.

这倒没有。

Not really.

51

Suǒyǐ wǒ gèng jiānxìn nà shì bǐjiào míxìn de shuōfa.

所以我更坚信那是比较迷信的说法。

So I am even more convinced that this is a superstition.

52

Wǒ zhīdào zài Zhōngguó yùnfù shì yībān huì bèi jiārén bǎohù de bǐjiào hǎo de,

我知道在中国孕妇是一般会被家人保护得比较好的，

I know that pregnant women in China are generally protected by their families.

53

jiù bǐrúshuō yǒu hěn duō shìqing bùnéng zuò ya

What is it Like to be Pregnant in China?

就比如说有很多事情不能做呀

For example, there are many things that they cannot do.

54

Nà nǐ néng gēn dàjiā shuō yīxià,

那你能跟大家说一下，

Can you tell us

55

zài Zhōngguó yùnfù yǒu shénme shì xūyào tèbié zhùyì de

在中国孕妇有什么是需要特别注意的

what special attention should be paid to pregnant women

56

huòzhě shì yǒu nǎxiē jìnjì?

或者是有哪些禁忌？

or are there any taboos (regarding them) in China?

57

Zài Zhōngguó dōu yǒu shuō qián sān gè yuè nǐ shì bùnéng shuō chulai de,

在中国都有说前三个月你是不能说出来的，

In China, we think that in the first three months (of pregnancy), you cannot tell people about it.

58

yīnwèi nǐ de bǎobǎo hái méi chéngxíng,

What is it Like to be Pregnant in China?

因为你的宝宝还没成形，

Since your baby hasn't being formed,

59

jiù hěn róngyì yǐnqǐ liúchǎn.

就很容易引起流产。

it could easily lead to a miscarriage.

60

Suǒyǐ rúguǒ nǐ gàosu nǐ qīnqī péngyou nǐ huáiyùn le,

所以如果你告诉你亲戚朋友你怀孕了，

So if you told your relatives or friends that you are pregnant,

61

wànyī bǎobǎo méiyǒu bǎozhù,

万一宝宝没有保住，

and if by any chance the baby was lost,

62

nà biéren wèn zhe nǐ jiù huì bǐjiào gāngà.

那别人问着你就会比较尴尬。

it would be awkward when someone asks you about it.

63

Érqiě huì hěn shāngxīn. | Duì

What is it Like to be Pregnant in China?

而且会很伤心。 | 对

Also, you will feel sad. | Right.

64

Ránhòu háiyǒu yī gè shì Zhōngguó yǒu tāi shén zhè yī shuōfa.

然后还有一个是中国有胎神这一说法。

Another reason is that in China, we believe that there is a fetus God.

65

Rúguǒ nǐ shuō le jiù huì duì bǎobǎo bùtài hǎo, huì chùfàn tāi shén.

如果你说了就会对宝宝不太好，会触犯胎神。

If you announce it, it won't be good for the baby because the God will be offended.

66

Jiùshì nǐ gàosu biéren, tāi shén huì shēngqì? | Duì duì duì

就是你告诉别人，胎神会生气？ | 对对对

So if you tell people about it, the fetus God will get angry? | Right.

67

Nà yǒuméiyǒu shénme bùnéng chī de huòzhě shì tèbié xūyào chī de dōngxi?

那有没有什么不能吃的或者是特别需要吃的东西？

So, is there anything that (pregnant women) cannot eat or specifically need to eat?

68

Bù hē kāfēi bù hēchá, yīnwèi yǒu kāfēiyīn duì bǎobǎo yě bùhǎo ma.

What is it Like to be Pregnant in China?

不喝咖啡不喝茶，因为有咖啡因对宝宝也不好嘛。

No coffee or tea because caffeine is not good for the baby.

69

Ránhòu háiyǒu yī gè míxìn chuánshuō shì bù chī bǐjiào qíguài de dōngxi,

然后还有一个迷信传说是不吃比较奇怪的东西，

Also, there is a superstition that forbids them from eating strange things,

70

bǐrúshuō shé a, qīngwā nàxiē

比如说蛇啊、青蛙那些

such snakes, frogs, etc.

71

Mínjiān bǐjiào míxìn de chuánshuō jiùshì nǐ chī le zhīhòu

民间比较迷信的传说就是你吃了之后

Folk superstition claims that if you eat these,

72

bǎobǎo shēng chulai kěnéng yě huì yǒu jīxíng zhīlèi de.

宝宝生出来可能也会有畸形之类的。

your baby might have deformities or things like that.

73

Nà yīnggāi chī shénme cái duì bǎobǎo hǎo ne?

What is it Like to be Pregnant in China?

那应该吃什么才对宝宝好呢？

So, what food is good for the baby?

74

Tāmen lǎoyībèi de shuō jiùshì duō hē jītāng, chī zhū jiǎo,

他们老一辈的说就是多喝鸡汤、吃猪脚，

The older generation says that you should eat chicken soup, pig feet,

75

bǐjiào yǒu yíngyǎng de dōngxī,

比较有营养的东西，

and other nutritious food

76

ránhòu bǎobǎo néng xīshōu de gèng hǎo yīxiē.

然后宝宝能吸收得更好一些。

because the baby can absorb it better.

77

Yǒuméiyǒu shénme tèbié de dōngxī shuō yùnfù chī le huì duì bǎobǎo hǎo de,

有没有什么特别的東西說孕婦吃了會對寶寶好的，

Is there any special food that is good for the baby

78

ránhòu ràng bǎobǎo zhǎngde kě'ài cōngmíng piàoliang de?

What is it Like to be Pregnant in China?

然后让宝宝长得可爱聪明漂亮的？

and that will make the baby cuter, smarter and more beautiful?

79

Wǒ yǒu péngyou jiùshì zài shēng lǎodà de shíhou chī le yànwō,

我有朋友就是在生老大的时候吃了燕窝。

I have a friend who ate bird nest when she was pregnant with her eldest child.

80

Tā shuō chī le yànwō zhīhòu,

她说吃了燕窝之后，

She said that because she ate bird nest,

81

bǎobǎo shēng chulai jiù huì pífu xuěbái xuěbái de

宝宝生出来就会皮肤雪白雪白的

her baby was born with snow-white skin.

82

Yǒu ma?

有吗？

Did it (really) work?

83

Háihǎo, yīnwèi tā shì gè nánhái suǒyǐ yě kànbuchū shá

What is it Like to be Pregnant in China?

还好，因为他是个男孩所以也看不出啥

Well, she had a boy, so I couldn't tell.

Note: She meant that since white skin is not important for a boy, she didn't pay attention to his skin color.

84

Ránhòu wǒ māma yǒu gēn wǒ shuō duō chī diǎn zhīma,

然后我妈妈有跟我说多吃点芝麻，

My mom told me to eat more sesame seeds

85

zhèyàng bǎobǎo chūshēng zhīhòu tóufa jiù huì bǐjiào hēi

这样宝宝出生之后头发就会比较黑

because it would make my baby's hair darker.

86

Chī le ma? | Méiyǒu

吃了吗？ | 没有

Did you eat them? | No.

87

Dànshì bǎobǎo tóufa hái yīrán hěn hēi, duì ba?

但是宝宝头发还依然很黑，对吧？

But your baby's hair is still very dark, right?

88

What is it Like to be Pregnant in China?

Kěnéng shì jīyīn de wèntí ba.

可能是基因的问题吧。

It's probably due to genes.

89

Chúle gānggang nǐ shuō zhèxiē bùnéng chī de dōngxī

除了刚刚你说这些不能吃的东西

In addition to things that you said cannot be eaten

90

háiyǒu yǐjī yào chī de dōngxī,

还有以及要吃的东西，

and need to be eaten,

91

hái yǒuméiyǒu qítā xūyào tèbié zhùyì de?

还有没有其他需要特别注意的？

is there anything else that they should pay special attention to?

92

Háiyǒu jiùshì bùnéng bān zhòngwù, huòzhě shì ná jiānrùi de dōngxī,

还有就是不能搬重物，或者是拿尖锐的东西，

They cannot lift heavy things or grab sharp objects.

93

What is it Like to be Pregnant in China?

yīnwèi bān zhòngwù, xiàng lǎoyībèi shuō jiù huì yǐnqǐ bǎobǎo liú diào,

因为搬重物，像老一辈说就会引起宝宝流掉，

Because if you lift heavy things, it might cause a miscarriage, according to the older generation

94

yīnwèi nǐ yòng yāo yòng de guò lì le ma!

因为你用腰用得过了嘛！

since you put too much pressure on your waist.

95

Ránhòu yòng jiǎnrùi de dōngxi, zhǔyào shì míxìn de chuánshuō la

然后用尖锐的东西，主要是迷信的传说啦

As for using sharp objects, it's mainly a superstition.

96

Nǐ yòng le jiǎnrùi de dōngxi shēng chulai de bǎobǎo kěnéng huì yǒu tùchún.

你用了尖锐的东西生出来的宝宝可能会有兔唇。

(It's said that) if you use a sharp object, your baby might have a cleft lip.

97

Duì, wǒ tīng wǒ mā shuō guo, yùnfù bùnéng zài qiáng shang dīng dīngzi,

对，我听我妈说过，孕妇不能在墙上钉钉子，

Right, I heard from my mom that pregnant women shouldn't hammer nails into a wall

98

What is it Like to be Pregnant in China?

zhèyàngzi shēng chulai de bǎobǎo yě huì yǒu tùchún.

这样子生出来的宝宝也会有兔唇。

because it might cause the baby to have a cleft lip.

99

Ránhòu tā hái gēn wǒ jiǎng, dāngshí de wǒ yī gè péngyou gēn wǒ yīyàng dà de,

然后她还跟我讲，当时的我一个朋友跟我一样大的，

She also told me that a friend of mine who was my age

100

tā jiùshì yǒu tùchún.

她就是有兔唇。

had a cleft lip

101

Ránhòu wǒ mā shuō jiùshì yīnwèi tā māma zài huáiyùn de shíhou

然后我妈说就是因为她妈妈在怀孕的时候

exactly because her mother

102

dīng le dīngzi, háishi shuō kàn...

钉了钉子，还是说看...

hammered nails into a wall or she saw...

103

What is it Like to be Pregnant in China?

O, kàndào biéren dīng dīngzi yě huì zhèyàngzi de.

哦，看到别人钉钉子也会这样子的。

Right, even if you just see people doing this, it would cause this (problem) too.

104

Jiùshì jiālǐ rén zuò le zhèxiē shìqing,

就是家里人做了这些事情，

Even when her family is doing these things

105

ránhòu yùnfù kàndào le yě huì duì bǎobǎo yǒuyǐngxiǎng.

然后孕妇看到了也会对宝宝有影响。

and she sees it, it will have an effect on the baby.

106

Zhège hǎo shénqí o!

这个好神奇哦！

That's amazing!

107

Qíshí zài nǐ zuò jiǎnchá de shíhou,

其实在你做检查的时候，

(But actually), when you do examinations,

108

What is it Like to be Pregnant in China?

yīshēng huì gàosu nǐ de, bǎobao yǒu shénme wèntí dehuà.

医生会告诉你的，宝宝有什么问题的话。

the doctor will tell you if there's any problem with your baby.

109

Yǒuméiyǒu nǎ yīxiē wǒmen gānggang shuōdào zhùyì de shìxiàng

有没有哪一些我们刚刚说到注意的事项

Among the things we mentioned that should be paid attention to, was there anything

110

shì Jacob fāxiàn gēn xīfāng cúnzài hěn dà chāyì de?

是 Jacob 发现跟西方存在很大差异的？

that Jacob found very different from the West?

111

Dāng wǒmen qù zuò chǎnjiǎn, ránhòu wǒmen shì yīqǐ qù de yīyuàn,

当我们去做产检，然后我们是一起去的医院，

When I went to the hospital for a check-up, he accompanied me.

112

dànshì jìn chǎnjiǎn shì huòzhě shì B chāo shì qù jiǎnchá de shíhou,

但是进产检室或者是 B 超室去检查的时候，

But when I was entering the obstetric examination room or the ultrasound room,

113

What is it Like to be Pregnant in China?

tā shì bùnéng jìn de.

他是不能进的。

he wasn't allowed to go in.

114

Zài tā de guójiā tāmen shì bàba quánchéng péitóng,

在他的国家他们是爸爸全程陪同，

In his country, the husband can stay with (the wife) the whole time

115

ránhòu bàba yě shì néng kàn de dào bǎobao zài zǐgōng lǐ huódòng

然后爸爸也是能看得到宝宝在子宫里活动

so that he can also see his baby moving around in her womb.

116

Dànshì zài guónèi shì bùnéng jìn de,

但是在国内是不能进的，

But in China, men are not allowed to go in.

117

jiùshì nánshì jìnzhǐ rù nèi. | Wèishénme ne?

就是男士禁止入内。| 为什么呢？

They're forbidden to go in. | Why not?

118

What is it Like to be Pregnant in China?

Yīnwèi zài yīyuàn lǐmiàn nàge fángjiān lǐ,

因为在医院里面那个房间里，

Because in the hospital room,

119

yǒushíhòu huì yǒu qítā de yùnfù hái méi zuòwán,

有时候会有其他的孕妇还没做完，

sometimes there are other pregnant patients who haven't finished (their examinations),

120

ránhòu nǐ jìnqù jiù huì bùtài hǎo.

然后你进去就会不太好。

so it's not appropriate for men to go inside.

121

Kàndào duìfāng de yǐnsī, duì ma? | Duì

看到对方的隐私，对吗？ | 对

The other person's privacy will be violated? | Right.

122

Zhège wèntí yīnggāi yě hěn hǎo jiějué ba?

这个问题应该也很好解决吧？

This should be easy to solve, right?

123

What is it Like to be Pregnant in China?

Jiùshì ràng tāmen chūlái ma, chūlái wán le zhīhòu,

就是让她们出来嘛，出来完了之后，

Just ask them to come out first and afterwards,

124

ránhòu nǐmen jìnqù bǎ nàge liánzi yī lā bù jiù hǎo le ma?

然后你们进去把那个帘子一拉不就好了吗？

you guys can go in, pull a curtain and it will be okay, right?

125

Kěnéng hái yǒu yī gè shì yě bùxiǎng ràng bàba

可能还有一个是也不想让爸爸

Well, another possible reason is that they don't want the father

126

kàndào bǎobǎo de xìngbié zhīlèi de,

看到宝宝的性别之类的，

to see the baby's gender.

127

yīnwèi zuòwéi māma wǒmen tǎng zài nàr,

因为作为妈妈我们躺在那儿，

As a mother, when I lied there

128

What is it Like to be Pregnant in China?

yīshēng bāng nǐ zuò jiǎnchá de shíhòu zuò B chāo,

医生帮你做检查的时候做 B 超，

to be checked by the doctor using ultrasound,

129

wǒ shì qíshí kàn bùdào tài duō dōngxi de.

我是其实看不到太多东西的。

I actually couldn't see much (of the screen).

130

Nǐ kàn bùdào bǎobǎo de ma?

你看不到宝宝的吗？

You couldn't see your baby?

131

Wǒ kàn bùdào tài duō, yīnwèi wǒ shì tǎng zài nàr,

我看不到太多，因为我是躺在那儿，

Not much because I was lying down

132

ránhòu píngmù shì zài zhège wèizhi.

然后屏幕是在这个位置。

and the screen was positioned here.

133

What is it Like to be Pregnant in China?

Suǒyǐ wǒ zhǐnéng shì cóng cèmiàn piáo jǐ yǎn.

所以我只能是从侧面剽几眼。

So I could only take a few glances from the side.

134

Á? Bù zhīdào wǒ kàn de shì wàiguó de diànyǐng háishi Zhōngguó de diànyǐng.

啊？不知道我看的是外国的电影还是中国的电影。

Really? I don't know if I watched it from a foreign or a Chinese movie,

135

Wǒ yǒu kàn guo nàzhǒng yùnfù tā jìnrù B chāo shì lǐmiàn,

我有看过那种孕妇她进入 B 超室里面，

but I saw that when pregnant women were in the ultrasound room,

136

ránhòu hùshi huì gēn tā jiǎng, nǐ kàn zhège shì bǎobǎo de jiǎo o,

然后护士会跟她讲，你看这个是宝宝的脚哦，

the nurse told them: "Look, here's your baby's feet,

137

zhège shì bǎobǎo de tóufa yo, bùhuì zhèyàngzi ma?

这个是宝宝的头发哟，不会这样子吗？

and hair." Isn't it like this?

138

What is it Like to be Pregnant in China?

Wǒ dào xīwàng shì zhèyàng! Bù gěi de

我倒希望是这样！不给的

I hoped so, but it wasn't allowed.

139

Kěnéng shì yīnwèi wǒ zài xiǎo dìfang de yuányīn,

可能是因为我小地方的原因，

Maybe it was because I'm was in a small (county).

140

yīnwèi wǒ zài wǒmen zhè xiànchéng zuò, shì kàn bùdào.

因为我在我们这县城做，是看不到。

I did my examination in our county, so I wasn't allowed to see it.

141

Nà tā jiǎnchá jiùshì jiǎnchá bǎobao de jiànkāng, shì ba?

那她检查就是检查宝宝的健康，是吧？

So the checkup is only to see if the baby is healthy,

142

Bùshì wèile ràng māma kàndào tā? | Shì de

不是为了让妈妈看到他？ | 是的

not for the mother to see it, right? | Yes.

143

What is it Like to be Pregnant in China?

Kěnéng yě shì yīnwèi zhīqián guójiā yǒu gè zhèngcè,

可能也是因为之前国家有个政策，

It could be because of the (one-child) policy we had before,

144

dānxīn chá chulai nǐ shì nǚ'ér, ránhòu...

担心查出来你是女儿，然后...

they worry that if you found out that you had a girl, then...

145

Jiù yǒurén huì dǎdiào shì ba? | Duì

就有人会打掉是吧？ | 对

Some people will abort it? | Right.

146

Gānggang wǒ shuō de nàxiē jiùshì Jacob tā bùnéng lǐjiě de ma,

刚刚我说的那些就是 Jacob 他不能理解的嘛，

What I just said was something Jacob couldn't understand

147

yīnwèi zài guówài tāmen dōu huì yǒu jiātíng yīshēng

因为在国外他们都会有家庭医生

because in (his) country, they can have family doctors

148

What is it Like to be Pregnant in China?

huòzhě shì hùshi huì shàngmén qù bāng nǐ zuò jiǎnchá,

或者是护士会上门去帮你做检查，

or nurses come to their home to do the checkup

149

ránhòu gàosu nǐ zhùyì shìxiàng

然后告诉你注意事项

and tell them what they should pay attention to.

150

Jiù bǐrúshuō, zài shēngchǎn zhīqián

比如说，在生产之前

For example, before giving birth,

151

kěnéng nǐ de rǔfáng jiù huì yǒuyīdiǎn fēnmì rǔzhī,

可能你的乳房就会有一点分泌乳汁，

your breasts might secrete a small amount of milk

152

zhè shì zhèngcháng de xiànxàng.

这是正常的现象。

which is a normal occurrence.

153

What is it Like to be Pregnant in China?

Ránhòu yě huì gàosu nǐ, bǎobao dào nǎ yī gè jiēduàn

然后也会告诉你，宝宝到哪一个阶段

They will also tell you that at each stage,

154

tā huì yǒu shénmeyàng de zhuàngkuàng huòzhě shì māma huì yǒu shénme fǎnyìng,

他会有什么样的状况或者是妈妈会有什么反应，

what your baby will be like and what reactions you will have.

155

yě huì gàosu nǐ shēngchǎn de zhège guòchéng shì shénmeyàng de,

也会告诉你生产的这个过程是什么样的，

In addition, they will tell you how the process of giving birth will be like,

156

ránhòu yě huì jiāo nǐ zěnmeyàng qù bǔrǔ, jiù lèisì zhè yīxiliè de...

然后也会教你怎么样去哺乳，就类似一系列的...

teach you how to breastfeed and so on.

157

Gěi nǐ shàngge kè | Duì! Lèisì yú shàngkè

给你上个课 | 对！类似于上课

Give you a lesson. | Right, it's like a lesson.

158

What is it Like to be Pregnant in China?

Zhè shì gēn zài guónèi shì yǒudiǎn bù yīyàng de.

这是跟在国内是有点不一样的。

This is a bit different in China.

159

Nǐ zhège shì dào le jǐge yuè cái shēngchǎn de?

你这个是到了几个月才生产的？

After how many months did you give birth?

160

Sānshí bā zhōu, sānshí jiǔ zhōu, qíshí shì zúyuè le de.

三十八周，三十九周，其实是足月了的。

Thirty-eight to thirty-nine weeks which is full term.

161

Kuài dào yùchǎnqī le, dàgài shì jǐtiān zhīqián jiù kāishǐ yǒu tònggǎn.

快到预产期了，大概是几天之前就开始有痛感。

When it was almost due, roughly a few days before that, I started to feel pain.

162

Nàtiān wǎnshàng shì tǐng wǎn de,

那天晚上是挺晚的，

It was late at night,

163

What is it Like to be Pregnant in China?

ránhòu wǒ jiù gǎnjué dào yǒudiǎn tòng, dùzitòng

然后我就感觉到有点痛，肚子痛

and I felt a little pain in my belly.

164

Dànshì yòu bùshì gōngsuō de nàzhǒng tòng,

但是又不是宫缩的那种痛，

But it was not the pain of contraction,

165

yīnwèi tā gé le yǒu sì wǔ fēnzhōng nàme jiǔ.

因为它隔了有四五分钟那么久。

because the interval between them was as long as four to five minutes.

166

Wǒmen jiù qù yīyuàn, wǒmen jiā lí yīyuàn yě hěn jìn,

我们就去医院，我们家离医院也很近，

So we went to the hospital since it was close to our home.

167

dàgài shí dào shíwǔ fēnzhōng zhèyàng de chēchéng jiù dào le.

大概十到十五分钟这样的车程就到了。

It was about 10 to 15 minutes away by car.

168

What is it Like to be Pregnant in China?

Wǒmen dào yīyuàn zhīhòu,

我们到医院之后，

After we arrived at the hospital,

169

nàge hùshi jiù gēn wǒ jiǎnchá shuō nǐ zhège gōngsuō pínfán le,

那个护士就跟我检查说你这个宫缩频繁了，

the nurse checked on me, said that my contractions were getting frequent,

170

yīnggāi zhùyuan le, ránhòu tā jiù bāng wǒmen bàn le rùyuàn shǒuxù.

应该住院了，然后她就帮我们办了入院手续。

and that I should be hospitalized. So she helped us register.

171

Ránhòu wǒ gēn wǒ xiānsheng jiěshì de shíhou,

然后我跟我先生解释的时候，

When I explained this to my husband,

172

tā shuō nǐ zhège bù xiàng shì gōngsuō de fǎnyìng. | Tā zěnmē zhīdào?

他说你这个不像是宫缩的反应。| 他怎么知道？

he said that (what I was having) didn't seem like contractions. | How did he know?

173

What is it Like to be Pregnant in China?

Tā yě zài wǎngshàng chá, yīnwèi zài Yīngguó yǒu gè NHS

他也在网上查，因为在英国有个 NHS

He looked it up online because there is NHS (National Health Service) in England.

174

Jiùshì tāmen yī gè wǎngzhàn,

就是他们一个网站，

It's a website

175

tā huì gàosu nǐ gāi shì shénmeyàng shénmeyàng de fǎnyìng

它会告诉你该是什么样什么样的反应，

and it has information about different symptoms (pregnant women will have).

176

Tā yě qù xuéxí? | Duì, zìjǐ xuéxí.

他也去学习？ | 对，自己学习。

He studied it? | Yes, he learned it on his own.

177

Tā jiù juéde zhè bùtài xiàng shì gōngsuō,

他就觉得这不太像是宫缩，

He didn't think it was contractions

178

What is it Like to be Pregnant in China?

yīnwèi wǒ de tònggǎn yòu bùshì tèbié de pínán.

因为我的痛感又不是特别的频繁。

because my pain wasn't that frequent.

179

Suǒyǐ wǒmen xiǎng zhe lí zhèr nàme jìn,

所以我们想着离这儿那么近，

So we thought that since the hospital was close to us,

180

wǒmen jiù hòulái yòu bàn le chūyuàn shǒuxù, jiù méiyǒu jìxù zhùyuàn.

我们就后来又办了出院手续，就没有继续住院。

we went through the discharge procedures and didn't stay.

181

Rúguǒ dāngshí wǒmen zài nàr zhù dehuà, hái děi zhù sān sì tiān ne!

如果当时我们在那儿住的话，还得住三四天呢！

If we had stayed (in the hospital), we would have been there an extra 3 to 4 days.

182

Dànshì nǐ bù dānxīn ma?

但是你不担心吗？

But weren't you worried?

183

What is it Like to be Pregnant in China?

Wànyī zhēn de jiùshì huíjiā le, tūrán yào shēng le zěnmébàn?

万一真的就是回家了，突然要生了怎么办？

What if you got home and suddenly, the baby was coming out?

184

Shǒuxiān dìyī gè, wǒ shì tóu tāi bùhuì shēng de nàme kuài de,

首先第一个，我是头胎不会生得那么快的，

Well, first of all, it was my first child, it wouldn't come out that fast.

185

ránhòu háiyǒu wǒ jiā lí yīyuàn yě jiù shí fēnzhōng de lùchéng,

然后还有我家离医院也就十分钟的路程，

And (secondly), we were only 10 minutes away from the hospital.

186

suǒyǐ wǒ bùshì tèbié dānxīn, wǒmen dāngshí jiù huíjiā le.

所以我不是特别担心，我们当时就回家了。

So I wasn't too worried. Thus, we went home.

187

Sān sì tiān zhīhòu, língchén sì wǔ diǎn de shíhou,

三四天之后，凌晨四五点的时候，

Three to four days later, at 4 or 5 am,

188

What is it Like to be Pregnant in China?

wǒ de yángshuǐ jiù pò le.

我的羊水就破了。

my water broke

189

Ránhòu pò le zhīhòu wǒmen jiù gǎnkuài qù yīyuàn.

然后破了之后我们就赶快去医院。

and we rushed to the hospital.

190

Dāngshí yīnwèi wǒ méiyǒu gōngsuō,

当时因为我没有宫缩，

Since I didn't have contractions at that time,

191

suǒyǐ yīshēng dào báitiān bā jiǔ diǎn

所以医生到白天八九点

(later) around 8 or 9am

192

gěi wǒ jiǎnchá wán gèzhǒng shìxiàng zhīhòu,

给我检查完各种事项之后，

the doctors gave me several examinations.

193

What is it Like to be Pregnant in China?

ránhòu jiù gěi wǒ dǎ cuīchǎn zhēn, gēn wǒ shuō dǎ cuīchǎn zhēn

然后就给我打催产针，跟我说打催产针

Afterwards, they gave me an IV hormone drip (to induce labor).

194

Dǎ le zhīhòu dào xiàwǔ liǎng diǎn duō,

打了之后到下午两点多，

After that, around 2pm,

195

wǒ cái kāishǐ yǒu zhèntòng, yǒu nàgē gōngsuō de fǎnyìng.

我才开始有阵痛，有那个宫缩的反应。

I started to experience labor pains and had contractions.

196

Yīzhí dào xiàwǔ wǔ liù diǎn, liù qī diǎn zhèyàng

一直到下午五六点，六七点这样

This lasted until 5 to 7pm,

197

wǒ cái shì tòng de tèbié lìhai, quán suō zài nàgē bìngchuáng shàng.

我才是痛得特别厉害，蜷缩在那个病床上。

and it was so painful that I curled up on the hospital bed.

198

What is it Like to be Pregnant in China?

Ránhòu hùshi gàosu wǒ shuō,

然后护士告诉我说，

The nurse was telling me that

199

wǒ de yīndào kǒu cái dǎkāi liǎng zhǐ, yǐjīng tòng de bùxíng.

我的阴道口才打开两指，已经痛得不行。

my cervix only dilated 2 centimeters and I was already in excruciating pain.

200

Ránhòu jiùshì zhème dà ma? | Shì de.

然后就是这么大吗？ | 是的。

Was it about this size? | Yes.

201

Nà yào duōjiǔ cái néng kāi zú shí zhǐ?

那要多久才能开足十指？

How long did it take to dilate to 10 centimeters?

202

Liù diǎn shì kāi liǎng zhǐ ma,

六点是开两指嘛，

At 6pm, it dilated to 2 centimeters

203

What is it Like to be Pregnant in China?

ránhòu yīzhí dào língchén liǎng diǎn duō de shíhou, wǒ cái shì kāi wán shí zhǐ.

然后一直到凌晨两点多的时候，我才是开完十指。

and only after 2am, did it dilate to 10.

204

Qī gè xiǎoshí! Tòng le qī gè xiǎoshí?! | Dui

七个小时！痛了七个小时？！| 对

Seven hours! You suffered for seven hours! | Right.

205

Dàn liù diǎn duō zhōng de shíhou wǒ yǐjīng dǎ le wú tòng.

但六点多钟的时候我已经打了无痛。

But around 6pm, they injected me (with a spinal block).

206

Zhǐtòng de ma?

止痛的吗？

Was it to stop the pain?

207

Duì, zhǐtòng de, jiùshì wú tòng fēnmiǎn de yīzhǒng.

对，止痛的，就是无痛分娩的一种。

Right, it was for pain relief, a way of having a painless labor.

208

What is it Like to be Pregnant in China?

Cóng wǒ jǐzhuī nàr dǎ máyào jìnqu.

从我脊椎那儿打麻药进去。

They injected anesthesia through my spine.

209

Dǎ jìnqu de shíhou huì tòng ma?

打进去的时候会痛吗？

Did it hurt when they did it?

210

Qíshí nàge tòng hái dǐ bù shàng nǐ zhèntòng gōngsuō de tòng,

其实那个痛还抵不上你阵痛宫缩的痛，

Actually, the pain wasn't as intense as the contraction pain.

211

suǒyǐ kuài dǎ ba! Dāngshí jiùshì kuài dǎ ba.

所以快打吧！当时就是快打吧。

So I wanted them to do it as fast as possible!

212

Nǐ yě shì dìyīcì ma,

你也是第一次嘛，

Since it was your first time,

213

What is it Like to be Pregnant in China?

nà nǐ zài kuàiyào shēng de shíhou huìbùhuì jǐnzhāng, dānxīn?

那你在快要生的时候会不会紧张、担心？

when you were about to deliver the baby, were you nervous or worried?

214

Wǒ juéde tònggǎn yǐjīng dàiì le suǒyǒu de nàxiē dānxīn,

我觉得痛感已经代替了所有的那些担心，

I think the pain already replaced all those worries.

215

jiùshì hǎo tòng a, mǎn nǎozi jiùshì tòng.

就是好痛啊，满脑子就是痛。

All I could feel was pain!

216

Jiù xiǎng zhe gǎnjǐn de guòqù, shì ba? | Duì

就想着赶紧地过去，是吧？ | 对

You just wanted to get it over with, right? | Right.

217

Nà zài tòng zhīqián ne, jiùshì zài yángshuǐ pò zhīqián,

那在痛之前呢，就是在羊水破之前，

Before the pain, I meant before your water broke,

218

What is it Like to be Pregnant in China?

línchǎn qián jǐ tiān de shíhou, huìbùhuì kāishǐ juéde hàipà le?

临产前几天的时候，会不会开始觉得害怕了？

or a few days before labor, did you start feeling scared?

219

Huì! Huì yǒu hàipà de, yīnwèi bìjìng dìyīcì, yě méi jīnglì guo.

会！会有害怕的，因为毕竟第一次，也没经历过。

Yes, I felt scared since it was my first time and I had never experienced it.

220

Nà dāngshí Jacob yǒuméiyǒu ānwèi nǐ?

那当时 Jacob 有没有安慰你？

Did Jacob try to comfort you?

221

Tā yě gēn wǒ shuō, tā shuō tā huì yīzhí péi zhe wǒ ma

他也跟我说，他说他会一直陪着我嘛

He told me that he was gonna be with me during the entire process.

222

Érqiě dāngshí wǒmen qù yīyuàn jiǎnchá de shíhou,

而且当时我们去医院检查的时候，

When we were in the hospital for an examination,

223

What is it Like to be Pregnant in China?

yě yǒu tèbié de wèn yīshēng, tā néng bùnéng jìnqù péichǎn?

也有特别地问医生，他能不能进去陪产？

we specifically asked the doctor if he could go into the labor room with me.

224

Ránhòu yīshēng jiùshì yòng bùtóng de yuányīn lái jùjué wǒmen.

然后医生就是用不同的原因来拒绝我们。

But the doctor refused to allow this for all kinds of reasons.

225

Yī gè shuō shì yìqíng qījiān shì bùnéng jìnqù de,

一个说是疫情期间是不能进去的，

One was because of the pandemic,

226

duì chǎnfù duì bǎobǎo yě bùhǎo.

对产妇对宝宝也不好。

so it wouldn't be good for the mother and the baby.

227

Ránhòu hái yǒu lìngwài yī gè hùshi shuō,

然后还有另外一个护士说，

Also, a nurse said that

228

What is it Like to be Pregnant in China?

qíshí zhīqián bàba kěyǐ xuǎnzé jìnqù péichǎn.

其实之前爸爸可以选择进去陪产。

in the past, the husband could go in with the wife.

229

Dànshì yǒu fāshēng guo zhèyàng de qíngkuàng, bàba jìnqù le,

但是有发生过这样的情况，爸爸进去了，

But they had an incident in which the husband went inside

230

zuìhòu hái děiyào hùshi yīshēng fēnshén qù zhàogu bàba,

最后还得要护士医生分神去照顾爸爸，

and it ended up that the doctors and nurses also needed to take care of him

231

yīnwèi bàba yùnxuè.

因为爸爸晕血。

because he was scared of blood.

232

Nà tā bù zhīdào tā yùnxuè ma?

那他不知道他晕血吗？

Didn't he know that he was scared of blood?

233

What is it Like to be Pregnant in China?

Kěnéng zìjǐ yě bù zhīdào, ránhòu jiù jìnqù

可能自己也不知道，然后就进去

Perhaps he didn't know until he went inside.

234

shéizhīdào tuī chulai jiùshì yī gè bàba yī gè māma yī gè bǎobǎo.

谁知道推出来就是一个爸爸一个妈妈一个宝宝。

Unexpectedly, all three, the father, the mother and the baby all came out in beds.

235

Hǎo gǎoxiào!

好搞笑！

How funny!

236

Suǒyǐ hùshi yīshēng yě bùxiǎng yǒu guòduō éwài de qítā de...

所以护士医生也不想有过多额外的其他的...

Therefore, the nurses and doctors didn't want to have extra...

237

Fùdān | Fùdān, duì!

负担 | 负担，对！

Burden. | Right.

238

What is it Like to be Pregnant in China?

Jiù xiǎng rúguǒ bǎomā yǒu shénme rènhe qíngkuàng

就想如果宝妈有什么任何情况

If there's something going on with the mother,

239

jiù quánlìyǐfù de jiù bǎomā ma,

就全力以赴地救宝妈嘛，

they want to focus all their attention on helping her

240

yīnwèi tā de qíngkuàng shì zuì wēixiǎn de.

因为她的情况是最危险的。

because she's in the most dangerous situation.

241

Érqiě jiùsuàn tā bù yùnxuè, tā rúguǒzài lǐmiàn dānxīn, ránhòu...

而且就算他不晕血，他如果在里面担心，然后...

Also, even if he was not scared of blood, but simply worried,

242

tā de qíngxù yě kěnéng huì yǐngxiǎng chǎnfù de qíngxù,

他的情绪也可能会影响产妇的情绪，

his emotion could affect his wife

243

ránhòu jìn'ér yǐngxiǎng dào zhèxiē gōngzuòrényuán de qíngxù. | Duì

What is it Like to be Pregnant in China?

然后进而影响到这些工作人员的情绪。| 对

and the (hospital) staff. | Yes.

244

Háiyǒu yī gè shì bǐjiào míxìn de shuōfa shì

还有一个是比较迷信的说法是

Another (reason) might be a superstitious one and that is,

245

nánshēng yībān shì bù jìn chǎnfáng de.

男生一般是不进产房的。

men generally don't enter a labor room

246

Duì tāmen láishuō chǎnfáng kěnéng jiùshì bǐjiào xuèxīng huòzhě wūhuì de dìfang.

对他们来说产房可能就是比较血腥或者污秽的地方。

because it's bloody and "dirty" (which in Chinese, it's meant to mean ominous).

247

Suǒyǐ zài gǔdài, nǐ kàn...

所以在古代，你看...

So in ancient times, you could see...

248

Huángdì | Bàba dōu shì zài ménwài děng zhe

皇帝 | 爸爸都是在门外等着

What is it Like to be Pregnant in China?

The emperors. | Fathers all waited outside.

Note: There are many movie scenes of concubine giving birth where the emperors were waiting outside because they believed if they went in and saw the process, it would affect their luck and even the fate of the nation.

249

Wǒmen xiǎo dìfang kěyǐ kàn de hěn míngxiǎn,

我们小地方可以看得很明显，

This is more apparent in small locations

250

hùshi yīshēng quán dōu shì nǚde

护士医生全都是女的

where all the nurses and doctors are female

251

chúle nàge mázuìshī tā shì... wǒ de nàge mázuìshī shì gè nánshēng

除了那个麻醉师他是... 我的那个麻醉师是个男生

except for the anesthesiologist who... mine was a guy.

252

Ránhòu qíshí zài hěn duō dà yīyuàn jiēshēng de yīshēng yě shì yī gè nánde.

然后其实在很多大医院接生的医生也是一个男的。

Actually, in many big hospitals, there are male doctors that deliver babies.

253

Dànshì wǒ juéde yībān chǎnfù dōu huì jièyì ba,

但是我觉得一般产妇都会介意吧，

What is it Like to be Pregnant in China?

But I think most women will mind

254

rúguǒ shì nán yīshēng jiēshēng dehuà.

如果是男医生接生的话。

if it's a male doctor.

255

Duì, yǒuxiē yùnfù tā shì huì jièyì

对，有些孕妇她是会介意

Yes, some women will mind

256

shuō kě bùkěyǐ yào gè nǚde yīshēng, duì

说可不可以要个女的医生，对

and will ask if they can get a female doctor.

257

Dàn yě yǒurén shuō, yǐjīng tòng dào méiyǒu bànfǎ sīkǎo le

但有人说，已经痛到没有办法思考了

At the same time, some women said that they were in so much pain that they couldn't think straight.

258

zhǐyào gǎnjīn ràng wǒ shēng chulai jiù hǎo le

只要赶紧让我生出来就好了

All they wanted was to get the baby out as fast as possible

What is it Like to be Pregnant in China?

259

shéi lái dōu kěyǐ! | Shì de

谁来都可以! | 是的

and anyone would be okay to do the job! | Right.

260

Háiyǒu yī gè shì bǐjiào yǒuyìsi de jiùshì

还有一个是比较有意思的就是

Another interesting thing is that

261

yīnwèi wǒ shì shùn zhuǎn pǒu de ma,

因为我是顺转刨的嘛,

I switched to C-section from natural birth,

262

gāng kāishǐ wǒ qíshí shí zhǐ yǐjīng kāi le,

刚开始我其实十指已经开了,

but at the beginning my cervix actually dilated to 10 centimeters

263

jiùshì jīnglì guo shí zhǐ de tòng,

就是经历过十指的痛,

which means I experienced the pain

What is it Like to be Pregnant in China?

264

ránhòu wǒ shìzhe shēngchǎn, dànshì méiyǒu...

然后我试着生产，但是没有...

and tried to give birth naturally, but it didn't...

265

Méiyǒu chūlái? | Duì, méiyǒu shēng chulai.

没有出来？ | 对，没有生出来。

It didn't come out? | Right, I was unable to deliver him.

266

Shēng le duōjiǔ?

生了多久？

How long were you in labor?

267

Wǒ qíshí shì le yějiùshì yī gè duō xiǎoshí zhèyàng,

我其实试了也就是一个多小时这样，

I actually tried it for over an hour.

268

qíshí shì yīnwèi wǒ yángshuǐ pò de zǎo, ránhòu yǒu gǎnrǎn

其实是因为我羊水破得早，然后有感染

It was actually because my water broke early and I had an infection.

What is it Like to be Pregnant in China?

269

Yīshēng jiāncè dào wǒ yǒu fāshāo de jìxiàng,

医生监测到我有发烧的迹象，

The doctor found out that I had symptoms of fever,

270

ránhòu bǎobǎo zài tāi nèi huódòng shǎo le,

然后宝宝在胎内活动少了，

the baby was showing less movements in my womb

271

ránhòu xīntiào yě zài jiākuài,

然后心跳也在加快，

and his heartbeat was speeding up.

272

suǒyǐ shuō kěyǐ ràng wǒ zài shì yīxià,

所以说可以让我再试一下，

So they said that I could try one more time

273

shízài bùxíng nà jiù zhuǎn wéi pōufùchǎn ba,

实在不行那就转为剖腹产吧，

and if it didn't work, they needed to switch to C-section.

What is it Like to be Pregnant in China?

274

Yīnwèi dāngshí shì wǒ yīgèrén zài chǎnfáng lǐ,

因为当时是我一个人在产房里，

At that time, I was alone in the labor room.

275

yīshēng zhèyàng gēn wǒ shuō, wǒ qíshí dāngshí yě yǒudiǎn huāng de.

医生这样跟我说，我其实当时也有点慌的。

When the doctor said this to me, I actually panicked a little.

276

Érqiě jiùsuàn Jacob zài nàlǐ, nǐ hái déiyào fānyì yībiàn. | Shì de.

而且就算 Jacob 在那里，你还得要翻译一遍。| 是的。

Even if Jacob was there, you would've needed to translate for him. | Right.

277

Dāngshí wǒ juédìng le, wǒ shuō wǒ pōufùchǎn, wǒ jiù qiānzì

当时我决定了，我说我剖腹产，我就签字

When I made the decision to do it via C-section, I signed the (consent papers)

278

ránhòu yīshēng ná zhe... yīnwèi xūyào bìngrén jiāshǔ qiānzì ma,

然后医生拿着... 因为需要病人家属签字嘛，

and the doctor took them to... since it also required a family member to sign,

What is it Like to be Pregnant in China?

279

yīshēng jiù ná zhe nàge dānzi chūqù gēn tā shuō...

医生就拿着那个单子出去跟他说...

the doctor took the papers and went out to talk to Jacob.

280

yīnwèi wǒ zhīqián gēn tā dǎ le yùfángzhēn,

因为我之前跟他打了预防针，

Prior to this, I already warned him

281

shuō rúguǒ yīshēng chūlái gēn nǐ shuō shénme,

说如果医生出来跟你说什么，

that if the doctor came out to tell him anything,...

282

yīnwèi wǒ zhīdào tā tīngbudǒng, nà nǐ jiù qiānzì jiù hǎo le.

因为我知道他听不懂，那你就签字就好了。

Since I knew he wouldn't understand, I told him to just sign.

283

Ránhòu yīshēng ná chūqu, gēn tā shuōmíng qíngkuàng,

然后医生拿出去，跟他说明情况，

The doctor went out and explained the situation to him,

What is it Like to be Pregnant in China?

284

tā jiù okay, ránhòu jiù qiān

他就 okay，然后就签

he just said okay and signed.

285

Tā yě méi tīngdǒng shì ba?

他也没听懂是吧？

He didn't understand, right?

286

Tā dàgài néng tīngdǒng

他大概能听懂

He had a rough idea

287

jiùshìshuō kěnéng shì wǒ fāshēng shénme qíngkuàng ba,

就是说可能是我发生什么情况吧，

and guessed that something happened me.

288

tā dàgài cāi yě néng cāi de chū gè yīdiǎndiǎn

他大概猜也能猜得出个一点点

He understood a little by guessing.

What is it Like to be Pregnant in China?

289

Ránhòu yīshēng hòulái gēn wǒ shuō,

然后医生后来跟我说，

Later, the doctor told me:

290

tā shuō, nǐ xiānsheng gǎnjué hǎo dànìng o!

他说，你先生感觉好淡定哦！

“Your husband was so calm!

291

Wǒ gēn tā shuō, tā jiù okay okay, ránhòu mǎshàng qiānzì le.

我跟他说，他就 okay okay，然后马上签字了。

After I told him, he just said okay and signed immediately.”

292

Shì yīnwèi tā méi tīngdǒng!

是因为他没听懂！

Because he didn't understand!

293

Qíshí tā yě zài hěn dānxīn wǒ

其实他也在很担心我

Also, he was worrying about me.

What is it Like to be Pregnant in China?

294

Ránhòu wǒ dāngshí shì cóng dàichǎn fáng ránhòu jìn le shǒushùshì,

然后我当时是从待产房然后进了手术室，

When I was being moved into the operating room from the labor room,

295

tā kàn le wǒ yī yǎn, tā shuō: wǒ kě bù kěyǐ jìnlái péi nǐ a?

他看了我一眼，他说：我可不可以进来陪你啊？

Jacob looked at me and asked if he could also come in.

296

Ránhòu wǒ shuō, bùxíng, wǒ xiànzài děi qù shǒushùshì le

然后我说，不行，我现在得去手术室了

But I said, no and I had to go now.

297

ránhòu wǒ jìn shǒushùshì zhīhòu bǎobǎo chūlái le,

然后我进手术室之后宝宝出来了，

I went into the operating room and the baby came out.

298

yīshēng jiù bǎ bǎobǎo bào chūqu gěi tā,

医生就把宝宝抱出去给他，

When the doctor brought the baby out to him

What is it Like to be Pregnant in China?

299

yīnwèi tā méi tīng míngbai hùshi zài shuō shá,

因为他没听明白护士在说啥，

since he didn't understand the nurse,

300

tā yǐwéi shì gè nǚháizi.

他以为是个女孩子。

he thought it was a baby girl.

301

Suǒyǐ qiánmiàn nà jǐge xiǎoshí tā bào zhe tā jiù yǐwéi shì gè nǚhái

所以前面那几个小时他抱着他就以为是个女孩

So for the first few hours, he thought he was holding a girl.

302

Duì, zhídào wǒ zuòwán shǒushù zhīhòu huídào bìngfáng,

对，直到我做完手术之后回到病房，

It was only until I was back in the ward after the surgery

303

Ránhòu wǒ xǐnglái wǒ jiù gēn tā shuō, wǒmen bǎobao... jiù liáo qilai,

然后我醒来我就跟他说，我们宝宝... 就聊起来，

and woke up, I told him that our baby... When we started talking about it,

What is it Like to be Pregnant in China?

304

ránhòu tā cái zhīdào yuánlái shì gè nánháizi.

然后他才知道原来是个男孩子。

he then realized it was a boy.

305

Tā méi kàn de ma?

他没看的吗?

Didn't he look?

306

Méi kàn, jiùshì yīnwèi tā... Dōu bāo hǎo le ma, suǒyǐ...

没看，就是因为他... 都包好了嘛，所以...

No. Because he... Our baby was wrapped up and so...

307

Érqiě tā hái zài dānxīn, wǒ zài shǒushùshì hái méi chūlái,

而且他还在担心，我在手术室还没出来，

Also, he was worried since I was still in the operating room.

308

suǒyǐ tā zài dānxīn,

所以他在担心，

He was worried.

What is it Like to be Pregnant in China?

309

érqiě bǎobao dāngshí kěnéng shì yǒuyīdiǎn yángshuǐ qiàng zhe,

而且宝宝当时可能是有一点羊水呛着，

Also, our baby was choking on water (from the womb)

310

ránhòu kū bù chū shēng lái, tā jiù bào qù hùshi nàr,

然后哭不出声来，他就抱去护士那儿，

and couldn't cry out. So, Jacob took him to a nurse

311

ránhòu hùshi jiù zhíjiē tī yīxià tā de xiǎojiǎo,

然后护士就直接踢一下他的小脚，

and after she kicked (tapped) his little feet,

312

ránhòu kū, kū yīxià jiù hǎo le.

然后哭，哭一下就好了。

he cried out.

313

Qíshí nǐ jiā bǎobao yě zhǎngde... | Bǐjiào xiàng nǚháizi

其实你家宝宝也长得... | 比较像女孩子

Actually, your baby looks like... | Like a girl.

What is it Like to be Pregnant in China?

314

Duì, jiùshì yǒudiǎn xiùqì de gǎnjué

对，就是有点秀气的感觉

Yes, he has a delicate look.

315

Shì, hěn duō rén dōu zhèyàng shuō

是，很多人都这样说

Yes, many people say this.

316

Shēng wán háizi duōjiǔ cái néng huíqu ne?

生完孩子多久才能回去呢？

When did you go back home after giving birth?

317

Wǒmen zài yīyuàn dāi le yī gè xīngqī, dāi le qī tiān,

我们在医院待了一个星期，待了七天，

We were in the hospital for a week, seven days.

318

zhè qī tiān dōu shì wǒ xiānsheng zài nàr zhàogu bǎobǎo zhàogu wǒ de,

这七天都是我先生在那儿照顾宝宝照顾我的，

During the seven days, my husband was there taking care of our baby and me.

What is it Like to be Pregnant in China?

319

ránhòu wǒ māma jiù ǒu'ěr bāng sòng fàn.

然后我妈妈就偶尔帮送饭。

My mother occasionally delivered meals.

320

Nàge shíhou jiù kāishǐ wèimǔrǔ le ma?

那个时候就开始喂母乳了吗？

Did you start breastfeeding at that time?

321

Duì, gāng kāishǐ shēng chulai de shíhou yīnggāi shì dì'èrtiān, dì sān tiān,

对，刚开始生出来的时候应该是第二天、第三天，

Yes, probably two to three days after our baby was born,

322

wǒ xiǎng zhe xiǎng wèimǔrǔ,

我想着想喂母乳，

I thought I start breastfeeding him.

323

dànshì nà mǔrǔ bùshì bǎobao xiǎng hē tā jiù yǒu le,

但是那母乳不是宝宝想喝它就有了，

But even if the baby wanted, the milk wouldn't come out.

What is it Like to be Pregnant in China?

324

yīnwèi wǒ shì pōufùchǎn de,

因为我是剖腹产的，

Because I had a C-section,

325

ér bùshì zìrán de shēngchǎn chūlai,

而不是自然地生产出来，

instead of a natural birth

326

nǐ rǔzhī fēnmì jiù huì gèng zìrán

你乳汁分泌就会更自然

which would've made it more natural for the milk to come out,

327

Wǒ shì rénwéi gānyù de, suǒyǐ děi xūyào yīdiǎn shíjiān,

我是人为干预的，所以得需要一点时间，

I needed human intervention, I needed a little more time

328

wǒ de shēntǐ cái zhīdào nǐ de bǎobǎo chūlái le, ránhòu tā cái huì fēnmì.

我的身体才知道你的宝宝出来了，然后它才会分泌。

for my body to know that the baby had come out and it should start secreting (milk).

What is it Like to be Pregnant in China?

329

Érqiě bǎobǎo chūshēng de qián jǐge xiǎoshí shì zuì zhòngyào de,

而且宝宝出生的前几个小时是最重要的，

Also, the first few hours after the baby was born was critical.

330

rúguǒ dāngshí bǎobǎo xīshǔn wǒ de rǔtóu dehuà,

如果当时宝宝吸吮我的乳头的话，

If the baby had suckled at that time,

331

wǒ fēnmì de huì gèng kuài.

我分泌得会更快。

the (milk) secretion would have happened sooner.

332

Dāngshí méiyǒu? | Dāngshí méiyǒu

当时没有? | 当时没有

He didn't at that time? | No.

333

Yīnwèi wǒ shì pōufùchǎn,

因为我是剖腹产，

Since I had a C-section,

What is it Like to be Pregnant in China?

334

ránhòu yīshēng jiùshì bào zhe bǎobǎo gěi wǒ qīn yīkǒu,

然后医生就是抱着宝宝给我亲一口，

the doctor only let me kiss the baby

335

ránhòu jiù bào chūqu le.

然后就抱出去了。

before taking him out.

336

Bǎobǎo tiānshēng jiù zhīdào zěnmē hē nǎi ma?

宝宝天生就知道怎么喝奶吗？

Do babies know how to suckle right after they are born?

337

Zhè shì běnnéng, bǎobǎo běnnéng huì de.

这是本能，宝宝本能会的。

This is an instinct. They can do it instinctively.

338

Bǎobǎo chūshēng zhīhòu, nǐ fàng bǎobǎo zài māma de xiōngkǒu,

宝宝出生之后，你放宝宝在妈妈的胸口，

After a baby is born, you place him/her on the mother's chest,

What is it Like to be Pregnant in China?

339

ránhòu bǎobǎo zìjǐ huì zhǎodào rǔtóu de dìfang.

然后宝宝自己会找到乳头的地方。

and he/she will find the nipple on its own.

340

Hǎo shénqí o! | Duì, yīnwèi zhège shì běnnéng.

好神奇哦！| 对，因为这个是本能。

Amazing! | Right, because this is an instinct.

341

Wǒ hái tīngshuō yǒude māma tā nàge nǎishuǐ bù chūlái,

我还听说有的妈妈她那个奶水不出来，

I heard that if the mother's milk doesn't come out

342

ránhòu shì xūyào yǒurén qù...

然后是需要有人去...

she will need someone to...

343

Ànmó | Cuīrǔ, duì

按摩 | 催乳，对

To massage (her breasts). | Right, to induce lactation.

What is it Like to be Pregnant in China?

344

Nǐ yǒu ma? Tīngshuō hěn tòng.

你有吗？听说很痛。

Did you go through it? I heard that it can be very painful.

345

Fēicháng tòng! Yīnwèi bǎobǎo chūshēng yǐhòu,

非常痛！因为宝宝出生以后，

Very painful! After the baby is born,

346

nàge xīngqī yǒuxiē rén huì yǒu shēnglǐxìng zhǎng nǎi,

那个星期有些人会有生理性涨奶，

some women will get breast engorgement in the first week,

347

tā yǒushíhòu rǔxiàn méi tōng a, jiù huì dǔ zài nàr

它有时候乳腺没通啊，就会堵在那儿

because the mammary glands are blocked

348

ránhòu bǎomā jiù huì tèbié de nánshòu, jiù xiàng shítou yīyàng.

然后宝妈就会特别地难受，就像石头一样。

and it will feel very uncomfortable because (the breasts) feel like rocks.

What is it Like to be Pregnant in China?

349

Wǒ qù le yīyuàn jǐ cì, rán hòu ràng hùshì bāng wǒ tōng rǔ,

我去了医院几次，然后让护士帮我通乳，

I went to the hospital a few times and had the nurse massage my breasts.

350

tèbié téng!

特别疼！

It was really painful!

351

Wèimǔrǔ de guòchéng dāngzhōng wǒmen háishi yùdào kùnnan,

喂母乳的过程当中我们还是遇到困难，

During the process of breastfeeding, we encountered some difficulties.

352

jiù wèi de shíhou jiù gǎnjué hǎoxiàng shì wèi bǎo le,

就喂的时候就感觉好像是喂饱了，

When I fed him, it looked like he was full,

353

dànshì bǎobǎo měi gé bànge xiǎoshí dōu yào qǐlái

但是宝宝每隔半个小时都要起来

but every 30 minutes, he needed (to suckle again).

What is it Like to be Pregnant in China?

354

Báitiān dōu hái hǎo, dànshì dào wǎnshàng, dàren yě děi shuìjiào a

白天都还好，但是到晚上，大人也得睡觉啊

It wasn't too bad during the day, but at night, since we also needed to sleep,

355

bǎobǎo yě děi shuì, bùrán...

宝宝也得睡，不然...

and so did the baby, otherwise...

356

Hǎo bēngkuì a! | Duì, tèbié bēngkuì

好崩溃啊！| 对，特别崩溃

How nerve-wrecking! | Right.

357

Ránhòu wǒmen shízài shì shòubùliǎo le, jiù...

然后我们实在是受不了了，就...

Eventually, we couldn't take it anymore, so...

358

Jacob jiù wèn le tā de māma hé tā de mèimei,

Jacob 就问了他的妈妈和他的妹妹，

Jacob asked his mother and sister

What is it Like to be Pregnant in China?

359

jiùshì ràng tāmen gěi yīxiē jiànyì.

就是让她们给一些建议。

for advice.

360

Yīnwèi tā de mèimei gānghǎo shì zài bǔrǔqī,

因为他的妹妹刚好是在哺乳期，

His sister happened to be breastfeeding at the time.

361

tā jiā xiǎohái bā gè yuè dà,

她家小孩八个月大，

Her baby was 8 months old,

362

ránhòu tā jiù shìpín gěi wǒ kàn gāi zěnmeyàng qù wèiyǎng

然后她就视频给我看该怎么样去喂养

and she showed me how to breastfeed through a video call.

363

Jiùshì yī duì yī de jiàochéng. | Duì, yī duì yī de jiàochéng.

就是一对一的教程。| 对，一对一的教程。

So it was a one-on-one tutorial. | Right.

What is it Like to be Pregnant in China?

364

Ránhòu wǒ wèiyǎng wǒ jiā bǎobǎo, ránhòu tā mèimei zài kàn zhe

然后我喂养我家宝宝，然后他妹妹在看着

I breastfed my baby and she would watch me do it.

365

ránhòu jiù gàosu wǒ yīnggāi zěnmeyàng zuò

然后就告诉我应该怎么怎么做

Then, she would direct me on how I should do it.

366

Shìpín zhīhòu jiù hǎo hěn duō le

视频之后就好很多了

It got much better after the video call.

367

Jiùshì bǎobǎo kěnéng yě dà le yīdiǎn,

就是宝宝可能也大了一点，

Perhaps, it was also because the baby was getting older

368

ránhòu tā de xīyǔn nénglì yě gèng hǎo yīdiǎn,

然后他的吸允能力也更好一点，

and he got better at doing it.

What is it Like to be Pregnant in China?

369

suǒyǐ jiù méiyǒu zài chūxiàn nàzhǒng qíngkuàng.

所以就没有再出现那种情况。

So, (this problem) never occurred again.

370

Wǒ shì yǒu tīng guo yǒuyīxiē péngyou,

我是有听过有一些朋友，

I heard from some friends that

371

tāmen shì bù xīwàng yòng mǔrǔ lái wèiyǎng de,

她们是不希望用母乳来喂养的，

they actually don't want to breastfeed

372

yīnwèi tāmen kěnéng huì yǒuyīxiē dānxīn,

因为她们可能会有一些担心，

because they have concerns,

373

bǐrúshuō dānxīn rǔfáng huì xiàchuí a

比如说担心乳房会下垂啊

What is it Like to be Pregnant in China?

such as getting saggy breasts,

374

rúguǒ rǔfáng xiǎo de huì dānxīn nǎishuǐ bùgòu.

如果乳房小的会担心奶水不够。

or that their milk won't be enough because they have small breasts.

375

Duì, yǒuxiē bǎomā tāmen bùxiǎng wèi nàme jiǔ,

对，有些宝妈她们不想喂那么久，

Right, some mothers don't want to breastfeed for a long time.

376

kěnéng shì chūyuèzi zhīhòu jiù dìyī gè yuè zhīhòu,

可能是出月子之后就第一个月之后，

Maybe right after they finished their "sitting month",

Note: According to Chinese tradition, women should stay home for a month after giving birth. This one month period is called "yue zi" or "sitting month".

377

tāmen jiù xiǎng zhe duàn mǔrǔ le.

她们就想着断母乳了。

they want to stop breastfeeding.

378

Bùguò dàbùfen de bǎomā jīběnshang dōu huì wèi dào liù gè yuè dà.

What is it Like to be Pregnant in China?

不过大部分的宝妈基本上都会喂到六个月大。

However, most mothers will breastfeed their babies until they are six months old.

379

Dànshì yǒuxiē bǎomā déi shàngbān méibànfǎ,

但是有些宝妈得上班没办法，

But some mothers have to go to work,

380

nǐ hái déi jǐnǎi, shì tèbié máfan.

你还得挤奶，是特别麻烦。

and preparing breast milk for (the baby) is quite a hassle.

381

Nǐ bù dānxīn ma? | Xiōng xiàchuí ma?

你不担心吗？ | 胸下垂吗？

Aren't you worried? | Having saggy breasts?

382

Wǒ juéde bǎobǎo de dǐkànglì, jiànkāng cái shì zuì zhòngyào de.

我觉得宝宝的抵抗力，健康才是最重要的。

I think my baby's immune system and health are the most important things.

383

Nǐ shì dàgài zhù le duōjiǔ cái chūyuàn de?

What is it Like to be Pregnant in China?

你是大概住了多久才出院的？

How long did you stay in the hospital before you were discharged?

384

Wǒ zài yīyuàn dāi le qī tiān, ránhòu jiù chūyuàn le.

我在医院待了七天，然后就出院了。

I was in the hospital for seven days before I was discharged.

385

Yě tǐng kuài de | Duì, yǒuxiē rén hái shuō tǐng màn de

也挺快的 | 对，有些人还说挺慢的

That was pretty fast. | Right, but some said it was slow.

386

Jacob shuō zài tāmen guójiā shì shùnrǎn dehuà,

Jacob 说在他们国家是顺产的话，

Jacob said that in his country, if it was natural birth,

387

qíshí dāngtiān nǐ jiù kěyǐ huíqu le.

其实当天你就可以回去了。

the mother can actually go home the same day

388

Ránhòu pōufùchǎn kěnéng jiù dāi gè liǎng sān tiān,

What is it Like to be Pregnant in China?

然后剖腹产可能就待个两三天，

and for women who had a C-section, they might stay for two or three days

389

ránhòu jiù kěyǐ huíqu le,

然后就可以回去了，

before they can go home,

390

bùhuì xiàng wǒmen zhèbiān dāi nàme jiǔ.

不会像我们这边待那么久。

unlike here where we have to stay this long.

391

Zhèyàngzi ma? Bùguò yě shì, xiàng wǒmen yéye nǎinai nà yī bèi,

这样子吗？不过也是，像我们爷爷奶奶那一辈，

Is that so? But it makes sense. In our grandparents' generation,

392

tāmen shēng shí jǐge hái zi,

他们生十几个孩子，

women had a dozen children

393

jiùshì zài shēng de qiányītiān hái zài tián lǐ gàn huó,

What is it Like to be Pregnant in China?

就是在生的前一天还在田里干活，

and right before giving birth, they were still working in the fields.

394

shēng wán le mǎshàng yòu qù gàn huó le. | Shì

生完了马上又去干活了。| 是

After giving birth, they needed to go back to work immediately. | Yes.

395

Duì, érqiě wǒmen zài huíjiā de shíhòu hái fāxiàn bǐjiào yǒuyìsi de shì.

对，而且我们在回家的时候还发现比较有意思的事。

Right, when we were going home, I found something interesting.

396

Wǒ huíjiā zhīhòu, wǒ māma ràng wǒmen xiān bié jìn fángjiān,

我回家之后，我妈妈让我们先别进房间，

After I got home, my mother asked us not to go into our room

397

bài yīxià chuáng gōng, chuáng pó

拜一下床公、床婆

because she first needed to pay respect to the bed Gods.

398

Yīnwèi dāngshí zài yīyuàn tā méi gēn wǒ shuō,

What is it Like to be Pregnant in China?

因为当时在医院她没跟我说，

Since she didn't tell me about it in the hospital,

399

dāngshí wǒ yě shì yī liǎn mēng de zhuàngtài.

当时我也是一脸蒙的状态。

I was also confused.

400

Nǐ bù zhīdào shì ba? | Wǒ yě bù zhīdào zhège shìqíng.

你不知道是吧？ | 我也不知道这个事情。

You didn't know about it? | I also didn't know.

401

Ránhòu wǒ shuō okay wǒmen jiù zài kètīng děngyīxià,

然后我说 okay 我们就在客厅等一下，

Then, I said okay and waited in the living room.

402

ránhòu tā jiù zài wǒmen de chuáng nàr shāo diǎn xiāng,

然后她就在我们的床那儿烧点香，

She burned some incense around our bed,

403

ránhòu gēn chuáng gōng chuáng pó shuō

What is it Like to be Pregnant in China?

然后跟床公床婆说

and asked the bed Gods

404

bǎoyòu yíxià bǎobǎo jiànkāng zhǎngdà,

保佑一下宝宝健康长大，

to bless our baby's health

405

zài wǎnshàng bùyào kūnào de tài lìhai.

在晚上不要哭闹得太厉害。

and for him to not cry too much at night.

406

Zhègè chuáng gōng chuáng pó shì zuò shénme yòng de ne?

这个床公床婆是做什么用的呢？

What is the purpose of these bed Gods?

407

Qíshí jiùshì chuáng de shén.

其实就是床的神。

They're just Gods of the bed.

408

Hǎoxiàng wǒmen Zhōngguó shénme dōu yǒu yī gè shén,

What is it Like to be Pregnant in China?

好像我们中国什么都有一个神，

It seems that there is a God for everything in China.

409

jiùshì yǒu zàoshén guǎn chúfáng de,

就是有灶神管厨房的，

We have the kitchen God that is in charge of the kitchen,

410

ránhòu léigōng diàn mǔ guǎn xià yǔ de,

然后雷公电母管下雨的，

and the thunder and lightning Gods that are in charge of the weather.

411

jiùshì nǐ kěyǐ bài bùtóng de shénxiān.

就是你可以拜不同的神仙。

Basically, you have different Gods to worship.

412

Wǒ xiǎng wèn yīxià, dāngshí nǐ mā zài bài chuáng gōng chuáng pó de shíhou,

我想问一下，当时你妈在拜床公床婆的时候，

I want to ask, when your mother was worshipping the bed Gods,

413

Jacob shì shénme fǎnyìng?

What is it Like to be Pregnant in China?

Jacob 是什么反应?

what was Jacob's reaction?

414

Wúnài, zhǐnéng shuō shì wúnài.

无奈，只能说是无奈。

He felt that there wasn't anything he could do about it.

415

Tā juéde bùnéng lǐjiě shì ba?

他觉得不能理解是吧?

He couldn't understand, right?

416

Duì, tā shì bùnéng lǐjiě

对，他是不能理解

No, he couldn't.

417

Dànshì hěn kuài tā zuòwán, ránhòu jiù bào bǎobǎo jìn fángjiān lǐmiàn shuì.

但是很快她做完，然后就抱宝宝进房间里睡。

But she finished it very quickly and we took our baby inside to sleep.

418

Bǎobǎo yǒu gèng guāi ma?

What is it Like to be Pregnant in China?

宝宝有更乖吗？

Did your baby behave better?

419

Wǒ juéde bǎobǎo tǐng guāi de,

我觉得宝宝挺乖的，

I think he behaves very good.

420

dànshì shìbùshì yīnwèi zhège wǒ jiù bùzhī dào le.

但是是不是因为这个我就知道了。

But whether that was the reason, I don't know.

421

Shuōbùdìng yǒuzuòyòng o!

说不定有作用哦！

Maybe it worked!

422

Wǒ yǒu tīng guo xīnshēng'ér de māma rúguǒ mǔrǔ bùgòu dehuà,

我有听过新生儿的妈妈如果母乳不够的话，

I heard that if the mother doesn't produce enough milk,

423

shì kěyǐ chī yīxiē yíngyǎngpǐn lái bāngzhù xià nǎi de

What is it Like to be Pregnant in China?

是可以吃一些营养品来帮助下奶的

she can eat some nutritional food to help with that.

424

Nǐ dāngshí yǒu chī ma?

你当时有吃吗？

Did you eat anything (special) at that time?

425

Wǒ māma bāng wǒ yǎng le èrshí duō zhī jī,

我妈妈帮我养了二十多只鸡，

My mother raised over 20 chickens

426

jiùshì xiǎng zài wǒ zuòyuèzi de shíhou, ránhòu ràng wǒ chī

就是想在我坐月子的时候，然后让我吃

with the idea that I could eat them during my “sitting month” period.

427

Wǒ jīběnshàng nàge yuè dōu shì měi liǎng tiān chī yī zhī jī.

我基本上那个个月都是每两天吃一只鸡。

During that month, I ate one chicken almost every other day.

428

Yǒubāngzhù ma?

What is it Like to be Pregnant in China?

有帮助吗？

Did it help?

429

Wǒ zìjǐ rènwéi nǐ de mǔrǔ qíshí gēn nǐ chī shénme yě méi duō dà guānxi,

我自己认为你的母乳其实跟你吃什么也没多大关系，

Personally, I don't think your breast milk has much to do with what you eat.

430

nǐ gāi yǒu jiù yǒu.

你该有就有。

If you have it, you have it.

431

Bǎobǎo chūshēng, ránhòu jiē huíjiā de shíhou

宝宝出生，然后接回家的时候

After you brought your baby home,

432

zhè qián jǐge yuè yǒuméiyǒu shénme tèbié zhùyì de?

这前几个月有没有什么特别注意的？

was there anything in particular that you needed to pay attention to in the first few months?

433

Xiànzài jīběnshàng dōu shì mǔrǔ ma

What is it Like to be Pregnant in China?

现在基本上都是母乳嘛

Nowadays, almost all mothers breastfeed their babies.

434

Qíshí hěn duō bǎomā dōu shì wèi dào liù gè yuè zhèyàng,

其实很多宝妈都是喂到六个月这样，

In fact, many mothers breastfeed for six months

435

ránhòu jiù kāishǐ hùnhé wèiyǎng,

然后就开始混合喂养，

before starting to feed them with a mixture of food,

436

yějiùshìshuō mǔrǔ hé nǎifěn yīqǐ wèi bǎobǎo.

也就是说母乳和奶粉一起喂宝宝。

which means feeding the baby with both breast-milk and baby formula.

437

Ránhòu liù gè yuè zhīhòu jiù mànman tiānjiā fǔ shí,

然后六个月之后就慢慢添加辅食，

After six months, you slowly add solid food.

438

yě yǒu bùtóng de rén shuō nǐ tiānjiā fǔ shí

What is it Like to be Pregnant in China?

也有不同的人说你添加辅食

Some people say that once you start adding solid food,

439

shuōmíng bǎobǎo jiù kāishǐ chī ròu le.

说明宝宝就开始吃肉了。

it means that the baby can begin eating meat.

440

Wǒmen zhèbiān ne shì liù gè yuè de shíhou,

我们这边呢是六个月的时候，

In my hometown, when the baby is about 6 months old,

441

nàge lǎoyībèi de rén jiù huì qù zhuā máquè niǎo,

那个老一辈的人就会去抓麻雀鸟，

the older generation will catch sparrows

442

ránhòu zhǔ nàge tāng gěi bǎobǎo hē,

然后煮那个汤给宝宝喝，

and make soup for the baby.

443

tāmen jiù yùyì shuō bǎobǎo huì shuōhuà shuō de bǐjiào zǎo yīxiē.

What is it Like to be Pregnant in China?

他们就寓意说宝宝会说话说得比较早一些。

It's meant to help the baby learn to speak earlier (since birds sing all the time).

444

Háiyǒu shì zài bǎobǎo liù gè yuè zhīhòu tiānjiā fǔ shí,

还有是在宝宝六个月之后添加辅食，

Also, (regarding) feeding the baby solid food after he's six months old,

445

wǒ rènwéi zhè shì bùtóng de yīdiǎn, jiùshì zhōng xīfāng wénhuà chāyì.

我认为这是不同的一点，就是中西方文化差异。

I think there is a difference in thinking between China and the West.

446

Wǒ māma jiù xiǎng wèi tā shénme mǐ hú a,

我妈妈就想喂他什么米糊啊，

My mother wanted to feed him rice porridge,

447

wǒ shuō nà mǐ hú qíshí méishénme yíngyǎng.

我说那米糊其实没什么营养。

but I said that it's actually not that nutritious.

448

Yīnwèi wǒ jìde wǒ dìdi xiǎoshíhou, wǒ hái bāng wǒ dìdi zhèyàng mó guo mǐ,

What is it Like to be Pregnant in China?

因为我记得我弟弟小时候，我还帮我弟弟这样磨过米，

I still remember when my brother was a child, I ground rice for him.

449

Mǐ pào le zhīhòu nǐ yòng nàge xiǎo de qìmǐn ránhòu bǎ tā mó chéng jiāng,

米泡了之后你用那个小的器皿然后把它磨成浆，

After the rice was soaked, I used a small container to grind it into a thick liquid,

450

ránhòu zài zhǔ mǐ hú gěi tā chī, dāngshí wǒ hái jìde jiā le táng.

然后再煮米糊给他吃，当时我还记得加了糖。

and then cooked it to feed him. I also remember that we added sugar to it.

451

Wǒ māma jiùshì fēicháng jīngyà,

我妈妈就是非常惊讶，

So my mother was very surprised that

452

shuō wǒmen zěnmē bù wèi wǒmen de bǎobǎo yán huòzhě shì táng.

说我们怎么不喂我们的宝宝盐或者是糖。

we didn't feed our baby salt or sugar.

453

Wǒ gēn tā shuō zhège bǎobǎo yī suì zhīqián,

What is it Like to be Pregnant in China?

我跟她说这个宝宝一岁之前，

I told her that before the baby turns 1 year old,

454

qíshí tā de shènzàng hái méiyǒu fāyù wánquán,

其实他的肾脏还没有发育完全，

his kidneys are actually not fully developed yet.

455

tā shì bùnéng xīshōu huòzhě shì dàixiè nàge yán fēn,

他是不能吸收或者是代谢那个盐分，

He cannot absorb or metabolize salt,

456

jiù bùnéng chī tài duō yán de dōngxi, ránhòu tā shì bùnéng lǐjiě.

就不能吃太多盐的东西，然后她是不能理解。

so he cannot eat too much salt. But she couldn't understand.

457

Ránhòu Jacob tūrán lái yījù, nà nǐmen xiǎoshíhou chī de shá?

然后 Jacob 突然来一句，那你们小时候吃的啥？

Then Jacob suddenly asked: "What did you guys eat when you were babies?"

458

Ránhòu wǒ māma shuō yě shì gěi wǒmen táng gěi yán de

What is it Like to be Pregnant in China?

然后我妈妈说也是给我们糖给盐的

My mother said that she fed us sugar and salt.

459

Nà zhège chī dào dǐ shì hǎo háishi bùhǎo ne?

那这个吃到底是好还是不好呢？

So is it good or bad to eat these things?

460

Wǒ juéde háishi shǎo chī yīdiǎn huì hǎo.

我觉得还是少吃一点会好。

I think it's better to eat less of them.

461

Qíshí gěi yán zhǐshì gěi tā gèng duō de wèidao.

其实给盐只是给他更多的味道。

In fact, the reason we give them salt is to give them some flavor.

462

Wǒ zhīqián dōu shì zhǔ hěn qīngdàn de dōngxī, shuǐ zhǔ

我之前都是煮很清淡的东西，水煮

I used to cook very bland things

463

ránhòu bù fàng yán, bù fàng qítā de, tā dōu bùzěnme chī

What is it Like to be Pregnant in China?

然后不放盐，不放其他的，他都不怎么吃

without salt or anything else, he didn't want to eat.

464

Ránhòu xiànzài jiā le diǎn yán, tā jiù kāishǐ chī de xiāng yīdiǎn

然后现在加了点盐，他就开始吃得香一点

Now that I added some salt, he started to eat more.

465

Wǒ tīngshuō rúguǒ zài bǎobǎo hěn xiǎo de shíhou

我听说如果在宝宝很小的时候

I heard that when babies are still young,

466

bǎ tā de jiémáo jiǎndiào, tā huì zhǎng de gèng cháng.

把他的睫毛剪掉，它会长得更长。

and you trim their eyelashes, they will grow longer later.

467

Duì, wǒ yě tīngshuō guo zhège

对，我也听说过这个

Right, I've also heard about this.

468

Háiyǒu tì méimao de yě shì, háiyǒu tì tóufa, jiùshì tāmen shuō de tāi máo

What is it Like to be Pregnant in China?

还有剃眉毛的也是，还有剃头发，就是他们说的胎毛

Same with shaving their eyebrows and hair which is called "fetus hair".

Note: "Fetus hair" refers to a new-born baby's hair that has never been shaven.

469

Yǒuxiē rén huì zài yī bǎi tiān de shíhòu,

有些人会在一百天的时候，

Some people shave their baby's (fetus hair)

470

bǎobǎo yī bǎi tiān de shíhòu bāng tā tì diào,

宝宝一百天的时候帮他剃掉，

when he/she is 100 days old.

471

tāmen jiù rènwéi zhèyàng bǎobǎo zhǎng chūlai de tóufa huì gèng hǎo,

他们就认为这样宝宝长出来的头发会更好，

They think that the hair will grow better later,

472

ránhòu zhège méimao yě shì

然后这个眉毛也是

and the same goes with eyebrows.

473

What is it Like to be Pregnant in China?

Dànshì ne wǒ yǒu kàn guo yī gè shìpín

但是呢我有看过一个视频

But I saw a video in which

474

shì yī gè nǎinai bāng tā de sūnzi tì le méimao

是一个奶奶帮她的孙子剃了眉毛

a grandma shaved her grandson's eyebrows

475

ránhòu hòulái méimao jiù méi zhǎng chūlai,

然后后来眉毛就没长出来，

and they never grew back,

476

kěnéng shì shāng le máogēn háishi zěnmeyàng

可能是伤了毛根还是怎么样

maybe because it had damaged the hair root or something.

477

Dànshì jiémáo nǐ juéde huì zhǎng ma? | Bù zhīdào ai

但是睫毛你觉得会长吗？ | 不知道唉

But will eyelashes grow longer (if you trim them)? | I don't know.

478

What is it Like to be Pregnant in China?

Wǒ tīngshuō guo zhège zhīhòu

我听说过这个之后

After I heard about this,

479

wǒ jìde wǒ yīnggāi dào le mán dà de shíhou, kěnéng shí jǐ suì

我记得我应该到了蛮大的时候，可能十几岁

I remember when I was already pretty old, perhaps after 10,

480

wǒ juéde wǒ jiémáo hǎo duǎn, wǒ hái jiǎn | Nǐ shì guo ma?

我觉得我睫毛好短，我还剪 | 你试过吗？

I thought my eyelashes were too short, so I trimmed them. | Did you try it?

481

Wǒ shì guo | Ránhòu zhǎng chūlai le ma?

我试过 | 然后长出来了吗？

I did. | Did it grow (longer)?

482

Méiyǒu! Méiyǒu zhǎng de gèng cháng, fǎnzhèng háishi yīyàng de

没有！没有长得更长，反正还是一样的

No, it didn't! It was about the same.

483

What is it Like to be Pregnant in China?

Wǒ juéde tā jīyīn kěnéng jiù nà yàng, jiù zhǎng zài nàr le | Hǎo ba

我觉得它基因可能就那样，就长在那儿了 | 好吧

I think it's genetic. That's how they are. | Okay.

484

Měicì wǒ dài zhe bǎobǎo, dāngshí bǎobǎo hái xiǎo,

每次我带着宝宝，当时宝宝还小，

Every time I took my baby back to my hometown

485

ránhòu dài tā huílǎojiā,

然后带他回老家，

when he was still very little,

486

qīnqī péngyou dōu shuō, tóufa zěnmě nàme cháng dōu bù gěi tā tì?

亲戚朋友都说，头发怎么那么长都不给他剃？

my relatives and friends all asked why I didn't shave

487

Yào gěi tā tì tāi máo le!

要给他剃胎毛了！

his fetus hair!

488

What is it Like to be Pregnant in China?

Dànshì wǒ shuō bàba bù gěi tì,

但是我说爸爸不给剃，

But I told them that Jacob wouldn't allow it

489

yīnwèi tāmen nàbian shì méiyǒu tì tāi máo zhè yī shuōfa.

因为他们那边是没有剃胎毛这一说法。

because in his country, there isn't such a tradition.

490

Jiù wèishénme yīdìngyào tì tāi máo?

就为什么一定要剃胎毛？

Why do we have to shave fetus hair?

491

Tā shuō tì le zhīhòu zhǎng chūlai tóufa huì gèng hǎo,

他说剃了之后长出来头发会更好，

They say that the hair will grow better afterwards.

492

tāmen de xiǎngfǎ shì zhèyàng.

他们的想法是这样。

That's their thinking.

493

What is it Like to be Pregnant in China?

Dàn tā yǐjīng gòu hǎo le, zài tì jiù tài duō tóufa le,

但他已经够好了，再剃就太多头发了，

But his (hair) is good enough. If you shave it, it will be too much hair

494

wànyī zhēn de zhǎngde hěn duō dehuà.

万一真的长得很多的话。

if it actually does grow more.

495

Nà zài dài bǎobǎo de guòchéng zhōng,

那在带宝宝的过程中，

So in the process of taking care of the baby,

496

yǒuméiyǒu Jacob gēn nǐ huòzhě shì nǐ māma de

有没有 Jacob 跟你或者是你妈妈的

was there anything different in thinking

497

zhège guānniàn yǒu bùtóng de dìfang?

这个观念有不同的地方？

between you, Jacob and your mother?

498

What is it Like to be Pregnant in China?

Qíshí yǒu hěn duō, yīnwèi bìjìng wǒ māma shì zài nóngcūn lǐ zhǎngdà de ma,

其实有很多，因为毕竟我妈妈是在农村里长大的嘛，

Actually, there were many since my mother grew up in the countryside

499

ránhòu tā suǒ jiēshòu dào de jiùshì cóng lǎoyībèi chuán xiàlai de

然后她所接受到的就是从老一辈传下来的

and had learned things from the older generation

500

ránhòu Jacob tā jiēshòu de shì lìngwài yī gè wánquán bùtóng de wénhuà.

然后 Jacob 他接受的是另外一个完全不同的文化。

while Jacob came from a completely different culture.

501

Qízhōng yī gè jiùshì bǎobǎo zài yī gè yuè de shíhou,

其中一个就是宝宝在一个月的时候，

One of them was that when our baby was one month old,

502

wǒ jiā xiānsheng tā jiù huì gèng duō de

我家先生他就会更多的

my husband was holding him more

503

What is it Like to be Pregnant in China?

shù qilai bào zhe bǎobǎo ma, zhèyàng bào zhe,

竖起来抱着宝宝嘛，这样抱着，

vertically, like this,

504

ránhòu ānfǔ tā, dànshì yě bùhuì shì cháng shíjiān qù bào,

然后安抚他，但是也不会是长时间去抱，

to comfort him, but not for a long time,

505

kěnéng shí jǐ èrshí fēnzhōng zhèyàng.

可能十几二十分钟这样。

maybe ten to twenty minutes.

506

Ránhòu dànshì duì hěn duō Zhōngguó rén, tèbié shì lǎoyībèi

然后但是对很多中国人，特别是老一辈

But to many Chinese, especially the older generation

507

tāmen dōu shuō zěnmē nàme xiǎo, jiù bào zhe bǎobǎo qilai?

他们都说怎么那么小，就抱着宝宝起来？

they feel that the kid is too young to be held that way

508

What is it Like to be Pregnant in China?

Yīnwèi bǎobǎo de jǐzhuī hái méiyǒu xíngchéng hǎo, jiùshì ruǎn ruǎn de,

因为宝宝的脊椎还没有形成好，就是软软的，

because his spine hasn't fully developed, it's still soft.

509

jiùshì wànyī yǐhòu tā jǐzhuī wān le ne huòzhě shénme zhīlèi de

就是万一以后他脊椎弯了呢或者什么之类的

(They worry): what if his spine becomes crooked or something like that?

510

Tāmen jiù huì shuō bào de tài zǎo le.

他们就会说抱得太早了。

They feel that we did it too soon.

511

Nà zěnmébàn? Bù bào ma?

那怎么办？不抱吗？

So what should you do? Don't hold him?

512

Héng zhe bào, jiùshì zhèyàng héng zhe bào

横着抱，就是这样横着抱

Hold him horizontally, like this.

513

What is it Like to be Pregnant in China?

Dànshì bǎobǎo qíshí tā dāngshí yǐjīng yǒuyīdiǎn

但是宝宝其实他当时已经有一点

But at that time, he actually

514

xiǎng qǐlái jiùshì kàn qítā de dōngxi,

想起来就是看其他的东⻄，

wanted to get up and look around.

515

Suǒyǐ tā gèng xǐhuan shù zhe bào, ér bùshì héng zhe bào.

所以他更喜欢竖着抱，而不是横着抱。

So, he preferred to be held vertically rather than horizontally.

516

Háiyǒu jiùshì wǒ péngyou tā bàn mǎnyuè jiǔ de shíhou,

还有就是我朋友她办满月酒的时候，

Another point: one of my friends threw a party for her one-month old (baby).

517

dāngshí wǒ bǎobǎo yě jiù yī gè duō yuè zhèyàng,

当时我宝宝也就一个多月这样，

My baby was just over a month old at the time,

518

What is it Like to be Pregnant in China?

ránhòu wǒmen yě dài zhe bǎobǎo qù xiāng xiàqù cānjiā tāmen de mǎnyuè jiǔ.

然后我们也带着宝宝去乡下去参加她们的满月酒。

and we brought him along to the countryside to attend the party.

519

Wǒ lìngwài yī gè péngyou yě shì qù cānjiā mǎnyuè jiǔ de,

我另外一个朋友也是去参加满月酒的，

Another friend of mine also participated in the party

520

ránhòu tā de xiǎohái jiù yǐjīng wǔ liù gè yuè le.

然后他的小孩就已经五六个月了。

and his baby was already 5 or 6 months old.

521

Ránhòu wǒ dāngshí wǒ jiù wèn tā,

然后我当时我就问他，

I asked him:

522

wǒ shuō nǐ zěnmé bù dài nǐ jiā xiǎohái yīqǐ lái rènao rènao?

我说你怎么不带你家小孩一起来热闹热闹？

“Why didn't you bring your child along?”

523

What is it Like to be Pregnant in China?

Tā shuō, wǒ lǎopó shuō jīntiān tiānqì lěng le jiù bùdài tā chūlái le.

他说，我老婆说今天天气冷了就不带他出来了。

He said that his wife felt the weather was too cold to bring him outside.

524

Tāmen jiù huì gèng duō de bǎ bǎobǎo fàng zài jiālǐ, jiù bǎohù qilai.

他们就会更多地把宝宝放在家里，就保护起来。

They preferred to keep their baby at home and protect him.

525

Shì zhèyàngzi ma? Jiùshì rúguǒ wàimiàn lěng dehuà,

是这样子吗？就是如果外面冷的话，

Is that the way it is? If it's cold and windy outside,

526

yǒufēng dehuà shì bùnéng dài bǎobǎo chūlái de ma?

有风的话是不能带宝宝出来的吗？

you shouldn't take your baby out?

527

Tāmen juéde bǎobǎo róngyì shēngbìng.

他们觉得宝宝容易生病。

They feel that the baby will likely get sick.

528

What is it Like to be Pregnant in China?

Gǎnmào shì ba? | Dui

感冒是吧？ | 对

Catch a cold? | Right.

529

Ránhòu wǒmen ne shì yǒu shénme

然后我们呢是有什么

But we, if there's somewhere we need to go,

530

wǒmen qù nǎ jiù huì dài zhe bǎobǎo qù nǎ,

我们去哪儿就会带着宝宝去哪儿，

we always bring our baby with us.

531

zēngjiā háizi de shèjiāo, suīrán shuō tā bù gēn biéren wán,

增加孩子的社交，虽然说他跟别人玩，

It increases his chance for social contact although he cannot interact with people.

532

dànshì tā néng kàn de dōngxi bù yīyàng ma.

但是他能看的东西不一样嘛。

But he gets to see different things.

533

What is it Like to be Pregnant in China?

Jiùshì wǒmen dōu zhīdào zài Zhōngguó ne,

就是我们都 知道在中国呢，

We all know that in China,

534

chǎnfù zài shēng wán háizi zhīhòu shì yào zuòyuèzi de

产妇在生完孩子之后是要坐月子的

mothers need to “sit the month” after giving birth to a baby.

535

zhège kěnéng duìyú xīfāngrén láishuō shì yī gè bǐjiào xīn de gàiniàn.

这个可能对于西方人来说是一个比较新的概念。

This concept might be new to westerners.

536

Nǐ néng bùnéng gēn dàjiā jiěshì yīxià shénme shì zuòyuèzi?

你能不能跟大家解释一下什么是坐月子？

Can you explain to them what this is?

537

Zài Zhōngguó zuòyuèzi shì fēicháng chángjiàn,

在中国坐月子是非常常见，

In China, to go through a “sitting month” is very common.

538

What is it Like to be Pregnant in China?

qíshí yàzhōu guójiā tāmen dōu yǒu zuòyuèzi,

其实亚洲国家他们都有坐月子，

In fact, other Asian countries also have this (tradition).

539

zài guówài tāmen shì méiyǒu de.

在国外他们是没有的。

But it doesn't exist in (western countries).

540

Zuòyuèzi ne jiùshì nǐ dāi zài jiā lǐmiàn bù chūmén,

坐月子呢就是你待在家里面不出门，

“Sitting the month” means that you have to stay home,

541

ránhòu mén chuāng yào guān, bù yào ràng... chuī fēng

然后门窗要关，不要让... 吹风

with doors and windows closed so that you won't be exposed to the wind.

542

lǎoyībèi de shuō zuòyuèzi de shíhou chuī fēng,

老一辈的说坐月子的时候吹风，

The older generation believes that during your “sitting month”, if you're exposed to the wind,

543

What is it Like to be Pregnant in China?

tā jiù huì yǐnqǐ tóutòng bìng.

它就会引起头痛病。

you will get chronic headaches.

544

Fùnǚ zài zuòyuèzi de shíhou

妇女在坐月子的时候

When women are in the “sitting month”,

545

tāmen hái huì dài yī gè màozi a, tóujīn a,

她们还会戴一个帽子啊，头巾啊，

they also need to wear a hat or headscarf

546

jiùshì bù yào ràng zhège dìfang shòuliáng.

就是不要让这个地方受凉。

to stop cold air from affecting their heads.

547

Wǒmen nàlǐ zuòyuèzi de rén huì dài yī tiáo hóngsè de nàge bù, bǎng zhe

我们那里坐月子的人会戴一条红色的那个布，绑着

In my area, women wear a piece of red cloth and tie it (around their heads).

548

What is it Like to be Pregnant in China?

Zài wǒmen zhèbiān jiùshì nǐ dàimàozi yěhǎo huòshì dài tóujīn yěhǎo,

在我们这边就是你戴帽子也好或是戴头巾也好，

In my hometown, both a hat or a headscarf will be okay

549

jiù bāo zhe bù yào ràng nǐ de tóu chuī fēng

就包着不要让你的头吹风

as long as you're protected from the wind.

550

Bùnéng chuī diànfēngshàn ma?

不能吹电风扇吗？

They cannot use an electrical fan, right?

551

Jiùshì bù yào duì zhe chuī, nǐ kě yǐ chuī zhe lìngwài yī gè fāngxiàng

就是不要对着吹，你可以吹着另外一个方向，

Just don't have it directly pointed at you. You can use it if you point it towards another direction

552

ràng fángjiān shāowēi tōng yíxià fēng

让房间稍微通一下风

so that you can have some air flow in your room.

553

Kōngtiáo ne?

What is it Like to be Pregnant in China?

空调呢？

What about air conditioners?

554

Tāmen kěnéng yě shì bù kāi kōngtiáo, dànshì wǒ méiyǒu gēnjù...

他们可能也是不开空调，但是我没有根据...

Other people probably don't use air conditioners, but I didn't follow...

555

wǒ dāngshí shēngchǎn shì jiǔyuèfèn, tèbié rè,

我当时生产是九月份，特别热

It was September when I was in labor and it was very hot.

556

qíshí wǒmen zài yīyuàn yě shì yīzhí kāi kōngtiáo de.

其实我们在医院也是一直开空调的。

We actually had the air conditioner on the whole time while in hospital.

557

Háiyǒu wǒ tīngshuō zuòyuèzi shì bùnéng xǐtóu, bùnéng xǐzǎo de. | Duì

还有我听说坐月子是不能洗头，不能洗澡的。| 对

I also heard that you cannot wash your hair or take a shower during this period. | Right.

558

Bù xǐtóu yě shì dānxīn nǐ xǐ le tóu,

不洗头也是担心你洗了头，

What is it Like to be Pregnant in China?

The reason you cannot wash your hair is because if you do

559

ránhòu róngyì zháoliáng, yě huì lào xià yuèzibìng,

然后容易着凉，也会落下月子病，

you will be prone to catching a cold and end up with “sitting month” related symptoms,

560

jiùshì tóutòng a huòzhě shì yāo tòng a huòzhě shì tòngfēng,

就是头痛啊或者是腰痛啊或者是痛风，

such as headaches, lower back pain

561

gèzhǒng guānjié tòng

各种关节痛

or various joint pains.

562

Tèbié shì zài lǎo de shíhòu, nǐ jiù huì kàn de dào zhèxiē xiànxàng.

特别是在老的时候，你就会看得到这些现象。

Especially when you get older, you will start noticing these (symptoms).

563

Dànshì rúguǒshuō yī gè yuè dōu bù xǐtóu, bùshì hěn zāng hěn nánshòu ma?

但是如果说一个月都不洗头，不是很脏很难受吗？

What is it Like to be Pregnant in China?

But if you don't wash your hair for a month, won't it get dirty and uncomfortable?

564

Duì a, jiùshì yǒuxiē bǎomā tāmen bùhuì jiānchí nàme jiǔ,

对啊，就是有些宝妈她们不会坚持那么久，

True. So some mothers won't stick to it for that long,

565

kěnéng zuìduō jiùshì yī gè xīngqī zhèyàng.

可能最多就是一个星期这样。

perhaps a week at the most.

566

Wǒ yǒu kàn guo xiāngguān de zīliào ma,

我有看过相关的资料嘛，

I read some information about this.

567

jiùshì zài gǔdài de shíhou wèishénme nǚrén xūyào zuòyuèzi ne,

就是在古代的时候为什么女人需要坐月子呢，

In ancient times, the reason women needed to "sit the month"

568

shì yīnwèi nàhuìr méiyǒu chuīfēngjī,

是因为那会儿没有吹风机，

What is it Like to be Pregnant in China?

was because they didn't have hair dryers

569

yě méiyǒu hěn hǎo de wèishēng tiáojiàn.

也没有很好的卫生条件。

and good sanitary conditions.

570

Rúguǒshuō nǐ xǐtóu dehuà, nǐ zhè tóufa yòu gān bùliǎo,

如果说你洗头的话，你这头发又干不了，

So if they washed their hair and it didn't get dry,

571

ránhòu nàge shīqì jiùshì yīzhí zài tóu shàngmiàn,

然后那个湿气就是一一直在头上面，

the moisture would stay on their heads

572

zhèyàng jiù róngyì zháoliáng.

这样就容易着凉。

which could easily lead to a cold.

573

Dànshì xiànzài yǒu yīnggāi jiù méiguānxi ba?

但是现在有应该就没关系吧？

What is it Like to be Pregnant in China?

But now that we have (hair dryers and so on), it shouldn't matter, right?

574

Duì, kējì bǐjiào fādá yīdiǎn, yě bùhuì xiàng gǔdài

对，科技比较发达一点，也不会像古代

Right, technology is more advanced now than in ancient times.

575

Gǔdài de rén tóufa yě cháng. | Duì

古代的人头发也长。| 对

Also, ancient people had longer hair. | Right.

576

Wèishénme bùnéng xǐzǎo ne?

为什么不能洗澡呢？

(But) why couldn't women take a shower?

577

Xǐzǎo hǎoxiàng wǒ yě tīngshuō shì gǔdài tāmen xǐzǎo bùshì línǚ de,

洗澡好像我也听说是古代他们洗澡不是淋浴的，

I heard that in ancient times, they couldn't take a shower,

578

tāmen shì zài tǒng lǐmiàn xǐ de.

他们是在桶里面洗的。

What is it Like to be Pregnant in China?

instead, they had to wash themselves in a (big) bucket.

579

Zhèyàng kěnéng huì gèng zāng, jiùshì hái bú rú bù xǐ le.

这样可能会更脏，就是还不如不洗了。

Perhaps, it would be dirtier to (take a bath in a tub), so they might as well not do it.

580

Jiù pà tā yǒu gǎnrǎn shì ma? | Shì de

就怕它有感染是吗？ | 是的

They worried that they could get an infection? | Right.

581

Wǒ hūrán xiǎngdào, zài gǔdài yòu méiyǒu pōufùchǎn,

我忽然想到，在古代又没有剖腹产，

A thought just came to me. Since in ancient times, C-sections weren't available,

582

rúguǒ shùnchǎn bù chūlái zěnméibàn?

如果顺产不出来怎么办？

what would happen if a woman couldn't give birth naturally?

583

Zài gǔdài de shíhòu, nánchǎn shì bǐjiào chángjiàn de.

在古代的时候，难产是比较常见的。

In ancient times, it was common for women to encounter difficulties in childbirth.

What is it Like to be Pregnant in China?

584

Suǒyǐ shuō nǚrén shēng hái'zi jiù xiàng guò guǐmén'guān

所以说女人生孩子就像过鬼门关

That's why people said that childbirth was like a life and death moment.

585

nǐ shēng chūlai, nà jiù hǎo, wànshìdàjí

你生出来，那就好，万事大吉

If they did it, it was good and everything would be fine.

586

Rúguǒ shì shēng bù chūlai, nánchǎn, nà jiù zhǐnéng shì...

如果是生不出来，难产，那就只能是...

But if they had a difficult time giving birth, they could only...

587

Kěnéng huì sǐ? | Duì

可能会死？ | 对

They could die? | Right.

588

Háishi xiànzài hǎo!

还是现在好！

It's better to be born now!

589

What is it Like to be Pregnant in China?

Nǐ gānggang shuōdào nàge yuèzi qījiān shì bùnéng xǐtóu,

你刚刚说到那个月子期间是不能洗头，

You mentioned that during the “sitting month” period, women cannot wash their hair,

590

bùnéng xǐzǎo, bù chuī fēng bù chuī kōngtiáo,

不能洗澡，不吹风不吹空调，

take a shower, be exposed to the wind, cannot use air conditioners,

591

ránhòu hái yào guān zhe mén chuāng.

然后还要关着门窗。

and must keep the doors and windows closed.

592

Chī de fāngmiàn ne? Yǒuméiyǒu shénme jìkǒu de?

吃的方面呢？有没有什么忌口的？

What about food? Are there things that they should avoid eating?

593

Jìkǒu de jiùshì bù chī là, tāmen shuō nǐ chī le là de,

忌口的就是不吃辣，他们说吃了辣的，

People say that you cannot eat spicy food

594

What is it Like to be Pregnant in China?

bǎobǎo xī nǐ de mǔrǔ huì shàng huǒ,

宝宝吸你的母乳会上火，

because if you do, your breast milk will cause your baby to have inflammation

595

jiùshì xiǎo yīng'ér tā kěnéng huì shēng kǒuchuāng a nàxiē.

就是小婴儿他可能会生口疮啊那些。

and develop ulcers in its mouth.

596

Nǐ shēnbiān de péngyou yǒu zuòyuèzi de ma?

你身边的朋友有坐月子的吗？

Did your friends go through the “sitting month”?

597

Yǒu, péngyou tāmen jīběnshàng dōu shì zuòyuèzi de.

有，朋友她们基本上都是坐月子的。

Yes, almost all my friends did.

598

Tāmen zuòyuèzi qījiān yě shì shénme dōu bù zuò,

她们坐月子期间也是什么都不做，

When they were “sitting the month”, they didn’t do anything

599

What is it Like to be Pregnant in China?

jiā lǐ miàn rén dōu bāng zuò wán le, rán hòu duō dài bǎo bǎo.

家里面人都帮做完了，然后多带宝宝。

and their family helped them do everything. So they only needed to take care of the baby.

600

Xiàng wǒ péng you tā shēng le gè shuāng bāo tāi ma,

像我朋友她生了个双胞胎嘛，

For example, one friend had twins

601

wǒ men yě shì chū le yuè zi zhī hòu wǒ men cái qù kàn tā de,

我们也是出了月子之后我们才去看她的，

and we only went to visit her after the “sitting month” was over.

602

rán hòu wǒ kàn tā hái shì... jiù shì gǎn jué quán shēn dōu bāo de hěn hǎo.

然后我看她还是... 就是感觉全身都包得很好。

And I saw that she still was... she wrapped herself very well with clothes.

603

Ér qiě hái yǒu wǒ men zài yī yuàn de shí hòu,

而且还有我们在医院的时候，

Also, when we were still in the hospital,

604

What is it Like to be Pregnant in China?

yě yǒu kàndào qítā de yéye nǎinai huòzhě shì wàigōng wàipó bào zhe bǎobǎo.

也有看到其他的爷爷奶奶或者是外公外婆抱着宝宝。

we saw other grandparents holding their grandchildren,

605

Dāngshí shì jiǔyuèfèn, jiù hěn rè, ránhòu hái shì xiǎo bèizi bāo zhe.

当时是九月份，就很热，然后还是小被子包着。

and the babies were wrapped in quilts even in September which was very hot.

606

Wǒ gēn Jacob dāngshí dōu xià dāi le, shuō nàme rè hái bāo zhe!

我跟 Jacob 当时都吓呆了，说那么热还包着！

At that time, me and Jacob were shocked and wondered why they wrapped up the babies under such hot weather!

607

Yīnwèi tāmen yě pà bǎobǎo shòuliáng

因为他们也怕宝宝受凉

This was because they didn't want the baby to catch a cold

608

yīnwèi bǎobǎo xiǎode shíhou jiù tóu mén zhèlǐ shì hái méi bìhé de ma.

因为宝宝小的时候就头门这里是还没闭合的嘛。

since (they believe that) when a baby is still young, its "head door" isn't fully closed yet.

What is it Like to be Pregnant in China?

609

Shénme yìsi?

什么意思？

What do you mean?

610

Yějiùshìshuō tā de tóu, gǔtou shì hái méiyǒu zhǎng quán,

也就是说他的头，骨头是还没有长全，

It means that their head bones haven't fully developed yet.

611

suǒyǐ jiùshì wèishénme tāmen huì ràng bǎobǎo dài zhe hěn... nàzhǒng màozi

所以就是为什么他们会让宝宝戴着很... 那种帽子

That's why people put a hat on a baby.

612

Nà bǎobǎo rè zěnmébàn? Tā yòu bùnéng shuōhuà.

那宝宝热怎么办？他又不能说话。

What if the baby feels hot? It's not like they can talk.

613

Shì ya! Jiù zhǐnéng shì kū,

是呀！就只能哭，

Exactly! They can only cry

What is it Like to be Pregnant in China?

614

suǒyǐ hěn duō bǎobǎo jiùshì yǒu kūnào de qíngkuàng.

所以很多宝宝就是有哭闹的情况。

and that's why many babies cry.

615

Wǒ yě shì yī gè yuè de shíhou gēn jiā lǐmiàn rén yīqǐ jùhuì ma,

我也是一个月的时候跟家里面人一起聚会嘛，

Once, I had a reunion with my relatives after my “sitting month”,

616

ránhòu wǒ jiā gūgu yě huì gēn wǒ shuō, nǐ de hái zi zěnmē bù dài mào zi ya?

然后我家姑姑也会跟我说，你的孩子怎么不戴帽子呀？

and my aunt also asked me why I didn't put a hat on my baby.

617

Yīnwèi tā shì lǎoyībèi de rén, tā niánjì bǐ wǒ māma hái dà,

因为她是老一辈的人，她年纪比我妈妈还大，

Since she's from the older generation, even older than my mother,

618

érqiě shì zài nóngcūn, suǒyǐ jiù huì yīzhí wéi zhe wǒ shuō:

而且是在农村，所以就会一直围着我说：

and lives in the countryside, she would keep saying to me:

What is it Like to be Pregnant in China?

619

Nǐ de bǎobǎo yào tì tāi máo a, yào dàimàozi a zhèxiē.

你的宝宝要剃胎毛啊，要戴帽子啊这些。

“Your baby needs to shave his fetus hair and wear a hat!”, and so on.

620

Érqiě wǒmen jiā bǎobǎo tóufa tèbié duō, suǒyǐ...

而且我们家宝宝头发特别多，所以...

And, my baby has a lot of hair, so...

621

Tiānrán de màozi. | Duì duì duì

天然的帽子。| 对对对

A natural hat. | Right!

622

Jacob jiùshìshuō tā yǐjīng yǒu yī gè tóufa màozi le, jiù bù xūyào zhèxiē.

Jacob 就是说他已经有一个头发帽子了，就不需要这些。

Jacobs said that he already had a hair hat, so he didn't need (a real hat).

623

Érqiě hái yǒu chuān wàzi zhè yī shuōfa

而且还有穿袜子这一说法

We also have the tradition of wearing socks.

What is it Like to be Pregnant in China?

624

Wǒmen jiā qīnqī yě shì gēn wǒmen shuō, bǎobǎo děi chuān wàzi ya,

我们家亲戚也是跟我们说，宝宝得穿袜子呀，

My relatives also told us that our baby needed to wear socks.

625

jiù yīzhí niàndao, dàimàozǐ, chuān wàzi zhīlèi de,

就一直念叨，戴帽子、穿袜子之类的，

They kept nagging us about hats, socks

626

ránhòu shuō zěnmē nàme zǎo jiù bǎ bǎobǎo shù qilai bào le,

然后说怎么那么早就把宝宝竖起来抱了，

and why we held our baby vertically

627

jiù gèzhǒnggèyàng de...

就各种各样的...

and all kinds of...

628

Guānniàn de chōngjī | Duì duì duì

观念的冲击 | 对对对

A clash in thinking. | Right.

What is it Like to be Pregnant in China?

629

Shēng wán háizi nǐ shì jǐtiān zhīhòu cái chūmén zhèngcháng huódòng?

生完孩子你是几天之后才出门正常活动？

After you gave birth, how many days did you stay home before you went out for normal activities?

630

Dāngshí wǒ xiūxi hǎo le, yě shì liǎng gè xīngqī zhīhòu ma,

当时我休息好了，也是两个星期之后嘛，

After I felt rested which was two weeks later,

631

ránhòu dāngshí tiānqì yòu bǐjiào liángshuǎng yīxiē, yǐjīng qiūtiān le

然后当时天气又比较凉爽一些，已经秋天了

and at that time, the weather was cooler because it was already autumn,

632

Wǒ xiānsheng jiù shuō yàobù wǒmen xiàlóu zhuànzhuàn,

我先生就说要不我们下楼转转，

my husband suggested we go out for a walk

633

wǒ shuō kěyǐ a

我说可以啊

and I said, okay.

What is it Like to be Pregnant in China?

634

Dāngshí wǒ chūmén le, wǒ māma jiù hěn jīngyà de kàn zhe wǒ shuō

当时我出门了，我妈妈就很惊讶地看着我说

When we were going out, my mother had a surprised look and said:

635

Nǐ jiù chūmén le? Nǐ yuèzi nǐ dōu méi zuòwán nǐ jiù chūmén le?!

你就出门了？你月子你都没做完你就出门了？！

“You’re going out? You haven’t finished your “sitting month” yet!”

636

Yīnwèi nǐ yě shì gēn nǐ māma zhù zài yìqǐ de ma,

因为你也是跟你妈妈住在一起的嘛，

Since you live with your mother,

637

nà méiyǒu ràng māma bāngmáng yìqǐ zhàogu ma?

那没有让妈妈帮忙一起照顾吗？

did you ask her to help you take care of the baby?

638

Qíshí wǒ māma yě tǐng xiǎng bāng zhàogu de,

其实我妈妈也挺想帮照顾的，

Actually, she wanted to help,

What is it Like to be Pregnant in China?

639

dànshì yīnwèi wǒ xiānsheng shì wàiguórén,

但是因为我先生是外国人，

but my husband, being a foreigner

640

tāmen de guānniàn jiùshì tāmen de zérèn, ér bùshì wǒ fùmǔ de zérèn,

他们的观念就是他们的责任，而不是我父母的责任，

thinks that this is his responsibility, and not my parents'.

641

tāmen kěyǐ bāngmáng, jiù ǒu'ěr bāng yíxià máng,

他们可以帮忙，就偶尔帮一下忙，

They can help, but only every once in a while,

642

ér bùshì quánchéng zérèn gěi tāmen.

而不是全程责任给他们。

instead of shifting responsibility entirely on them.

643

Yīnwèi wǒ zhīdào zài Zhōngguó jīběnshàng dōu shì

因为我知道在中国基本上都是

I know that in China, usually

What is it Like to be Pregnant in China?

644

yéye nǎinai bāngmáng zhàogu háizi, tèbié shì...

爷爷奶奶帮忙照顾孩子，特别是...

grandparents help look after grandchildren, especially...

645

Fùmǔ dōu xūyào gōngzuò de | Duì duì duì

父母都需要工作的 | 对对对

For parents that need to work. | Right.

646

Tāmen xiǎng ràng fùmǔ yǒu gèng duō de shíjiān qù zhuànqián yǎngjiā,

他们想让父母有更多的时间去赚钱养家，

The (grandparents) want the parents to have more time to earn money to support the family.

647

ránhòu yéye nǎinai dài zhe háizi

然后爷爷奶奶带着孩子

So they will look after the kids.

648

Jiù xiàng wǒ zhè yī bèi de, wǒ shēnbiān de péngyou,

就像我这一辈的，我身边的朋友，

For example, people in my generation, many of my friends

What is it Like to be Pregnant in China?

649

jīběnshàng tāmen gēn yéye nǎinai tèbié qīnjìn, jiùshìshuō...

基本上他们跟爷爷奶奶特别亲近，就是说...

are closer to their grandparents, that is to say...

650

Yīnwèi tāmen dài dà tāmen de, suǒyǐ gèng qīnjìn yīxiē, bǐ zìjǐ de fùmǔ.

因为他们带大他们的，所以更亲近一些，比自己的父母。

Because they were brought up by their grandparents, they are closer to them than to their own parents.

651

Kěnéng xiǎohái huì wù rènwéi tāmen shì tāmen de bàba māma.

可能小孩会误认为他们是他们的爸爸妈妈。

Perhaps the kids will mistakenly think of their grandparents as their parents.

652

Wǒ juéde huì yǒu zhège kěnéng

我觉得会有这个可能

I think it's possible.

653

Jiù xiàng wǒmen jiā de qīnqi péngyou, tāmen jiā de háiizi yě shì,

就像我们家的亲戚朋友，他们家的孩子也是，

Just like our relatives and friends' kids,

What is it Like to be Pregnant in China?

654

yīnwèi xiànzài háizi yǐjīng sān suì duō le,

因为现在孩子已经三岁多了，

they're already over 3 years old

655

ránhòu měicì jùhuì wǒ dōu kàndào nàge xiǎohái dōu shì yǒu shénme shìqing,

然后每次聚会我都看到那个小孩都是有什么事情，

and at every party that I see them,

656

dìyīshíjiān dōu shì qù zhǎo nǎinai huòshì zhǎo wàipó,

第一时间都是去找奶奶或是找外婆，

they will go to their grandmothers if something happens,

657

ér bùshì qù zhǎo bàba māma.

而不是去找爸爸妈妈。

instead of their parents.

658

Wǒ juéde zhè duìwǒláishuō, rúguǒ shì wǒ zìjǐ de háizi, wǒ jiēshòu bùliǎo

我觉得这对我来说，如果是我自己的孩子，我接受不了

I think if it was my child, I wouldn't be able to accept that

What is it Like to be Pregnant in China?

659

Jiùshì wǒ de hái zi yǒu wèn tí le, ér bù shì zhí jiē lái zhǎo wǒ

就是我的孩子有问题了，而不是直接来找我

he doesn't come to me if he encounters problems,

660

qù zhǎo wǒ de bà ba mā ma, tā de yé ye nǎi nai,

去找我的爸爸妈妈，他的爷爷奶奶，

but instead goes to my parents, his grandparents.

661

wǒ jué de shì wǒ de shī zhí.

我觉得是我的失职。

I would consider it my failure.

662

Qí shí ǒu'ěr fán zào de shí hòu,

其实偶尔烦躁的时候，

Actually, sometimes when I feel frustrated,

663

āi ya, wǒ jiù xiǎng yǒu gè rén bāng dài zhe,

哎呀，我就想有个人帮带着，

I'd like to have someone help me.

What is it Like to be Pregnant in China?

664

dànshì zhǐshì nà yīshùnjiān de xiǎngfǎ.

但是只是那一瞬间的想法。

But that's just a momentary thought

665

Dàn qíshí dàbùfēn shíjiān wǒ háishi juéde hěn kāixīn,

但其实大部分时间我还是觉得很开心，

and most of the time, I feel happy

666

yīnwèi wǒ néng kàndào bǎobǎo de yīdiǎnyīdiǎn de chéngzhǎng,

因为我能看到宝宝的一点一点的成长，

because I get to witness my baby grow up bit by bit

667

érqiě shì ànzhào wǒmen xiǎng tā fāzhǎn de nàge fāngxiàng...

而且是按照我们想他发展的那个方向...

and develop in our desired direction.

668

Qù jiàoyù tā. | Shì de

去教育他。 | 是的

In the way (you want to) educate him. | Right.

What is it Like to be Pregnant in China?

669

Ér bùshì xiàng... yīnwèi wǒ dài wǒ hái zi

而不是像... 因为我带我孩子

Unlike... When I take him

670

qù wǒmen xiǎoqū lǐmiàn yóulè de dìfang ránhòu kàndào tèbié duō de hái zi

去我们小区里面游乐的地方然后看到特别多的孩子

to a playground for kids in our community, I see many kids

671

dōu shì nǎinai huòzhě shì yéye dài qù nàbian wán,

都是奶奶或者是爷爷带去那边玩,

with their grandmother or grandfather

672

qíshí hěn shǎo néng kàndào niánqīng de fùmǔ dài zhe hái zi qù liùwān de

其实很少能看到年轻的父母带着孩子去遛弯的

and rarely see young parents with their kids.

673

Jacob yě yǒu fāxiàn

Jacob 也有发现

Jacob also noticed that

What is it Like to be Pregnant in China?

674

qíshí hěn duō yéye nǎinai dài háizi de shíhou dōu huì dàshēng shuōhuà,

其实很多爷爷奶奶带孩子的时候都会大声说话，

many grandparents talk very loud to their grandchildren

675

ránhòu tā juéde zhèyàng shì bùtài hǎo,

然后他觉得这样是不太好，

and he thought it wasn't good

676

yīnwèi duì tāmen láishuō dàshēng shuōhuà qíshí shì bù lǐmào de yīzhǒng

因为对他们来说大声说话其实是不礼貌的一种

because to him, it's bad manners.

677

Yīnwèi wǒmen zhèbiān rén shuōhuà dōu shì zhèyàng de,

因为我们这边人说话都是这样的，

People here all talk like that,

678

tèbié shì yīxiē māma huòzhě shì yéye nǎinai jiù huì dàshēng de hǒu háizi.

特别是一些妈妈或者是爷爷奶奶就会大声地吼孩子。

especially some mothers and grandparents like to yell at kids.

What is it Like to be Pregnant in China?

679

Qíshí duì tāmen láishuō kěnéng bùshì hǒu, zhǐshì sāngmén dà yīxiē,

其实对他们来说可能不是吼，只是嗓门大一些，

Actually, they may not think they're yelling and may feel that they're just talking a little louder.

680

dàn wàiguórén kàndào le jiùshì gǎnjué zài yāohe nǐ de hái zi.

但外国人看到了就是感觉在吆喝你的孩子。

But when foreigners see it , they will feel that (the adults) are yelling at the children.

681

Wǒ zài Zhōngshān zhù de shíhou, dāngshí wǒ yǒu yī gè línjū,

我在中山住的时候，当时我有一个邻居，

When I lived in Zhongshan, I had neighbors

682

yéye nǎinai dài yī gè sūnnǚ, ránhòu wǒ zhù zài pángbiān de shíhou,

爷爷奶奶带一个孙女，然后我住在旁边的時候，

that included a little girl and her grandparents. I lived right next to them

683

wǒ jīngcháng néng tīngdào tā duì nàge xiǎo sūnnǚ hǒu,

我经常能听到她对那个小孙女吼，

and I often heard (the grandma) yelling at her,

What is it Like to be Pregnant in China?

684

jiùshì nǐ zěnmē zhèyàng,

就是你怎么这样，

saying things like: “Why are you like this?!”

685

nǐ wèishénme yào zhèyàngzi zuò, zěnmē zěnmē de

你为什么要这样子做，怎么怎么的

Why did you do that?!”, and so on.

686

Jiùshì shēngyīn hěn dà de.

就是声音很大的。

It was very loud.

687

Měicì wǒ kàndào nàge xiǎohái

每次我看到那个小孩

Every time I saw that child,

688

dōu shì nàzhǒng bǐjiào dāi dāi de gǎnjué, kěnéng...

都是那种比较呆呆的感觉，可能...

I felt she was a little slow, maybe...

What is it Like to be Pregnant in China?

689

Méi nàme jīng? | Duì

没那么机灵? | 对

Not smart? | Yes.

690

Wǒ zhīdào wèishénme yǒuxiē dàren huì hǒu háizi,

我知道为什么有些大人会吼孩子，

I think the reason adults yell at children

691

yī gè shì kěnéng tā juéde bǎobǎo bù tīnghuà,

一个是可能他觉得宝宝不听话，

might be because they feel that when kids are disobedient,

692

ránhòu tā jiù yào yòng dàshēng lái zhènzhu tā,

然后他就要用大声来镇住他，

they can have power over them by talking loud

693

ràng tā bùyào zài zuò yīxiē tāmen rènwéi bù hǎo de xíngwéi.

让他不要再做一些他们认为不好的行为。

and demanding that they stop their bad behaviors.

What is it Like to be Pregnant in China?

694

Dànshì kěnéng zhàn zài xiǎohái de jiǎodù,

但是可能站在小孩的角度，

But from the perspective of the kids,

695

huì juéde wǒ yéye nǎinai bù ài wǒ le,

会觉得我爷爷奶奶不爱我了，

they will feel that their grandparents

696

wǒ bàba māma bù ài wǒ le.

我爸爸妈妈不爱我了。

or parents don't love them anymore.

697

Tā zhǐ tīngdào nǐ de shēngyīn dà,

他只听到你的声音大，

They only hear your loud voice,

698

tā tīng bù chū zhēnzhèng de nèiróng nǐ zài shuō shénme,

他听不出真正的内容你在说什么，

and won't understand what you're really trying to say.

What is it Like to be Pregnant in China?

699

suǒyǐ gēnběn méiyǒu qǐdào zhège jiàoyù de zuòyòng.

所以根本没有起到这个教育的作用。

So, this (yelling) has no educational value.

700

Shì, érqiě wǒ hái yǒu tīngshuō guo

是，而且我还有听说过

Right, I've also heard that

701

jiùshì wǒmen cūn lǐmiàn de yī gè wàipó huòshì nǎinai, wǒ gěi wàng le

就是我们村里面的一个外婆或是奶奶，我给忘了

there was a grandma in my village

702

tā ne shì dài zhe tā jiā de hái zi.

她呢是带着她家的孩子。

who was taking care of her grandchild.

703

Ránhòu hái zi dào liǎng suì duō de shíhou, yǎnshén yě shì hěn mùnè,

然后孩子到两岁多的时候，眼神也是很木讷，

When the kid turned 2, his eyes looked dull

What is it Like to be Pregnant in China?

704

ránhòu hái bùhuì shuōhuà

然后还不会说话

and still couldn't speak.

705

Liǎng suì bùhuì shuōhuà? | Duì

两岁不会说话? | 对

A two-year-old couldn't speak? | Yes.

706

Tāmen shuō bùxíng, bùnéng ràng nǎinai zhèyàng jìxù dài le,

他们说不行，不能让奶奶这样继续带了，

So (the parents) said this wasn't gonna work and they couldn't let the grandma continue taking care of the kid,

707

zhèyàng jìxù dài háizi dōu gěi dài shǎ le.

这样继续带孩子都给带傻了。

otherwise he would end up stupid.

708

Suǒyǐ bùdéyǐ, ránhòu fùmǔ yòu bǎ háizi jiē huí lái.

所以不得已，然后父母又把孩子接回来。

For lack of a better solution, they brought their kid along with them.

What is it Like to be Pregnant in China?

709

Qíshí yéye nǎinai nà yī bèi dài zhe háizi hěn hǎo, shì hěn hǎo

其实爷爷奶奶那一辈带着孩子很好，是很好

It's true that having the grandparents take care of your child is nice

710

ràng fùmǔ téngchūshǒu lái zuò qítā de shìqíng,

让父母腾出手来去做其他的事情，

because it frees you for doing other things

711

zhège wǒ néng shēnkè tǐhuì dào

这个我能深刻体会到

which I can relate to.

712

bànshì ne yéye nǎinai tāmen dài shì yǐ tā zhǐyào méiyǒu fāshēng yìwài,

但是呢爷爷奶奶他们带是以他只要没有发生意外，

But their way of doing it is just to ensure that the kids don't run into accidents.

713

jiùshì yǐ ānquán wéizhǔ de qù dài háizi,

就是以安全为主的去带孩子，

Safety is their only priority,

What is it Like to be Pregnant in China?

714

méiyǒu gèng duō de jiàoyù fāngmiàn de.

没有更多的教育方面的。

not a lot of education.

715

Duì, érqiě bǎobǎo tā gēnzhe bànmā zhǎngdà de, dǎnzi huì gèng dà yīdiǎn,

对，而且宝宝他跟着爸妈长大的，胆子会更大一点，

Right, also I find that kids who grow up with parents will be bolder (meaning have more confidence).

716

wǒ yǒu fāxiàn zhè yī diǎn. | Duì

我有发现这一点。| 对

I have noticed this. | Right.

717

Yīnwèi tā gēnzhe bàba māma tā de ānquángǎn jiù huì tèbié hǎo.

因为他跟着爸爸妈妈他的安全感就会特别好。

Because they feel a sense of security when they're with their parents.

718

Jiù xiàng wǒ jiā háizi, tā jiù bù rènshēng

就像我家孩子，他就不认生

Just like my own child, he is not afraid of strangers

What is it Like to be Pregnant in China?

719

suǒyǐ hái zi yě huì hǎo dài yīxiē.

所以孩子也会好带一些。

and that makes the job of taking care of him easier.

720

Wǒ fāxiàn qíshí zài Zhōngguó shēng le hái zi zhīhòu ne,

我发现其实在中国生了孩子之后呢，

I noticed that in China, when we have babies,

721

yī gè kěnéng shì yéye nǎinai huì bāngmáng dài,

一个可能是爷爷奶奶会帮忙带，

we usually have our parents help take care of them

722

nà rúguǒ méiyǒu yéye nǎinai bāngmáng dài,

那如果没有爷爷奶奶帮忙带，

and if we don't get this help,

723

yībān yě shì mòrèn māma huì zài jiā lǐ dài hái zi de.

一般也是默认妈妈会在家里带孩子的。

it's usually the mother that's expected to do it.

What is it Like to be Pregnant in China?

724

Ránhòu fùqīn kěnéng jiùshì zài wàimiàn zhèngqián,

然后父亲可能就是在外面挣钱，

The father might be out working to earn money

725

huílai yě jīhū méiyǒu shénme shíjiān qù bāngmáng dài hái zi.

回来也几乎没有什么时间去帮忙带孩子。

and when he comes back, he won't spend much time to help take care of the baby.

726

Dànshì wǒ fāxiàn nǐ... Nàge Jacob huì bāng tǐng duō de,

但是我发现你... 那个 Jacob 会帮挺多的，

But I found that Jacob helps a lot

727

érqiě hěn yuànyì qù yánjiū zhè fāngmiàn

而且很愿意去研究这方面

and is willing to study on how to do it.

728

Duì, yī gè shì tā yǒu hěn duō de xiōngdìjiěmèi,

对，一个是他有很多的兄弟姐妹，

Well, one reason is that he has many siblings

What is it Like to be Pregnant in China?

729

suǒyǐ tā běnshēn yě yǒu hěn duō jīngyàn

所以他本身也有很多经验

and so, he has a lot of experience doing this.

730

Háiyǒu yī gè shì tāmen rènwéi háizi yě shì tā de zérèn zhīyī,

还有一个是他们认为孩子也是他的责任之一，

Another reason is that he feels his kid is also one of his responsibilities

731

ér bùshì shuō wǒ shàngbān wǒ zài wàimiàn zhuànqián yǎngjiā,

而不是说我上班我在外面赚钱养家，

and fathers shouldn't feel that since they work,

732

wǒ huíjiā hái yào dài háizi, tā jiù juéde hěn xīnkǔ.

我回家还要带孩子，他就觉得很辛苦。

when they get home, they shouldn't help because they feel tired.

733

Hěn duō Zhōngguó nánrén tā huì zhèyàng qù rènwéi de,

很多中国男人他会这样去认为的，

Many Chinese men feel this way

What is it Like to be Pregnant in China?

734

ránhòu kěnéng jiù bào yīxià bǎobǎo, jiù shí fēnzhōng,

然后可能就抱一下宝宝，就十分钟，

and might just hold their baby for ten minutes

735

bǎobǎo kū le jiù huì zhíjiē gěi māma,

宝宝哭了就会直接给妈妈，

and if the baby cries, they will hand it over to the mother right away

736

tā bùhuì shuō dòu yīxià wán, huòzhě shì tā shìbùshì lā le.

他不会说逗一下玩，或者是他是不是拉了。

instead of trying to interact with the baby or seeing if the baby has pooped.

737

Tā dài de duō ma?

他带的多吗？

Does Jacob spend a lot of time with him?

738

Tā dài de shíjiān tǐng duō de

他带的时间挺多的

He does.

What is it Like to be Pregnant in China?

739

Kū de shíhou tā yě huì dài ma? | Yě huì

哭的时候他也会带吗? | 也会

Even when the baby cries? | Yes.

740

Jiù kū de shíhou tā huì dòu tā wán, rán hòu dòu tā kāixīn.

就哭的时候他会逗他玩，然后逗他开心。

When he cries, Jacob will try to make him laugh.

741

Yīnwèi tā zhīdào tā shénme shíjiān è,

因为他知道他什么时间饿，

He knows when the baby is hungry

742

Jiùshì tā de kū shì nǎ yīzhǒng

就是他的哭是哪一种

and in the way he cries,...

743

Jiùshì tā juéde tā è le, tā kū de hé tā wúliáo le

就是他觉得他饿了，他哭的和他无聊了

Jacob feels that if the baby cries because of hunger, it is different than from boredom

What is it Like to be Pregnant in China?

744

huòzhě tā xiǎngyào dōngxi, jiù kūshēng yě bù yīyàng,

或者他想要东西，就哭声也不一样，

or that he wants something.

745

Suǒyǐ zhè jiùshì wèishénme tā xiǎng zìjǐ dài,

所以这就是为什么他想自己带，

That's why we insisted on taking care of him ourselves

746

tā jiù zhīdào wǒ de hái zi shì gànma le

他就知道我的孩子是干嘛了

because we will know what's going on with him.

747

Jiùshì kū le, tā shì è le lā le, háishi wúliáo le, háishi shāngxīn le

就是哭了，他是饿了拉了，还是无聊了，还是伤心了

When he cries, does it mean he's hungry, he pooped, he's bored or sad?

748

Tā hái huì shāngxīn ma?

他还会伤心吗？

He feels sad?

What is it Like to be Pregnant in China?

749

Shāngxīn jiùshì wǎnshang de shíhou, jiù xiǎng gēnzhe māma.

伤心就是晚上的时候，就想跟着妈妈。

It's usually at night when he wants me.

750

Nǐmen xiànzài shì jiāo tā shénme yǔyán?

你们现在是教他什么语言？

What language do you guys teach him now?

751

Zhǔyào shì yīngwén,

主要是英文，

Mainly English,

752

yīnwèi wǒ xiānsheng bùxiǎng bǎobao zài zhèbiān zhǎngdà,

因为我先生不想宝宝在这边长大，

because my husband doesn't want him to speak only Chinese

753

ránhòu zhǐ huì Zhōngwén, érqiě wǒ jiā xiānsheng Zhōngwén yě bùtài hǎo.

然后只会中文，而且我家先生中文也不太好。

because he grows up here. Also, Jacob's Chinese isn't very good.

What is it Like to be Pregnant in China?

754

Dàoshíhòu méifǎ gōutōng, shì ba? | Duì, méifǎ gōutōng

到时候没法沟通，是吧？ | 对，没法沟通

It will be hard for them to communicate, right? | Right.

755

Zài jiāshàng, tā de xiōngdìjiěmèi dōu bùhuì shuō Zhōngwén,

再加上，他的兄弟姐妹都不会说中文，

In addition, none of his siblings can speak Chinese.

756

nà zhè bùshì gǎnjué gēn tā jiā lǐmiàn rén dōu tuōjié le?

那这不是感觉跟他家里面人都脱节了？

So our baby will be disconnected from Jacob's family

757

Jiù gēnběn wúfǎ gōutōng ma

就根本无法沟通嘛

because they cannot communicate with each other.

758

Rúguǒ yǐhòu zài zhèbiān shàngxué dehuà,

如果以后在这边上学的话，

If he attends school here,

What is it Like to be Pregnant in China?

759

tā de Zhōngwén kěndìng bùhuì chà.

他的中文肯定不会差。

his Chinese definitely won't be bad.

760

Shì, wǒmen zìjǐ xiǎngfǎ shì zhèyàng de

是，我们自己想法是这样的

Right, that's our thinking.

761

Yīngwén cái shì wèntí | Duì

英文才是问题 | 对

English will be the problem. | Right.

762

Tā xiànzài huì shuōhuà le ma? | Hái méiyǒu

他现在会说话了吗？ | 还没有

Can he talk now? | Not yet.

763

Zhǐ huì yī yī ya ya de | Xiǎng shuō le

只会咿咿呀呀的 | 想说了

He's babbling. | He wants to talk.

What is it Like to be Pregnant in China?

764

Shì, tā kěnéng huì shuōhuà shuō de shāowēi wǎn yīxiē,

是，他可能会说话说得稍微晚一些，

Yes. He might learn to speak a little later

765

yīnwèi tā xiànzài shì duō zhǒng yǔyán de huánjìng xià

因为他现在是多种语言的环境下

because he's in a multilingual environment.

766

Tā bù xiàng qítā háizi jiùshì yīzhǒng yǔyán,

他不像其他孩子就是一种语言，

Unlike other children who only hear one language

767

shuōhuà jiù huì shāowēi kuài yīxiē.

说话就会稍微快一些。

and can speak sooner.

768

Nǐ māma yǒu gēn tā shuō Yángshuò huà ma?

你妈妈有跟他说阳朔话吗？

Does your mother speak the Yangshuo dialect to him?

What is it Like to be Pregnant in China?

769

Shuō pǔtōnghuà de duō,

说普通话的多，

Mostly Mandarin.

770

shuō Yángshuò huà kěnéng shì wǒ dài huí lǎojiā qù

说阳朔话可能是我带回老家去

Only when I bring him to my hometown, people speak the Yangshuo dialect to him.

771

zài cūn lǐmiàn de rén tāmen huì shuō Yángshuò huà

在村里面的人他们会说阳朔话

People in the village can only speak the Yangshuo dialect.

772

Zuìhòu jiùshì, wǒmen xiànzài yě yǒu èrtāi sān tāi de zhèngcè le ma,

最后就是，我们现在也有二胎三胎的政策了嘛，

Lastly, since we have a two-child and three-child policy

773

zhīqián nǐ yě shuō guo nǐ gēn Jacob dōu hěn xiǎngyào... | Nǚ'ér

之前你也说过你跟 Jacob 都很想要... | 女儿

and you mentioned that both you and Jacob want a... | A daughter.

What is it Like to be Pregnant in China?

774

Duì, yào yī gè nǚ'ér, nà nǐmen yǒu kǎolǚ zài shēng yī tāi ma?

对，要一个女儿，那你们有考虑再生一胎吗？

Right, a daughter. Are you guys considering a second child?

775

Mùqián méiyǒu kǎolǚ,

目前没有考虑，

Not at the moment

776

yīnwèi wǒmen xiǎng bǎ suǒyǒu de ài dōu xiān gěi dìyī gè hái zi.

因为我们想把所有的爱都先给第一个孩子。

because we want to give all our love to our first child.

777

Kěnéng sì wǔ nián zhīhòu zài kǎolǚ xiǎng zhe yào dì'èr gè,

可能四五年之后再考虑想着要第二个，

Maybe four or five years later, we will consider it

778

yīnwèi bǎobǎo nàshíhou yě dà le,

因为宝宝那时候也大了，

because by then, he will be old enough

What is it Like to be Pregnant in China?

779

rúguǒ shì tā dà le, tā kěyǐ zhàogu yīxià dìdì mèimei,

如果是他大了，他可以照顾一下弟弟妹妹，

to take care of his younger brother or sister,

780

bùhuì shuō fēn fùmǔ de ài zhīlèi de.

不会说分父母的爱之类的。

instead of feeling that his parents' love is being taken away by (his siblings).

781

Hǎo, fēichánggǎnxiè nǐ gēn wǒmen fēnxiǎng le

好，非常感谢你跟我们分享了

Okay, thank you very much for sharing

782

zhème duō zài Zhōngguó huáiyùn qījiān yǐjí shēngchǎn hái zi,

这么多在中国怀孕期间以及生产孩子，

your experiences about pregnancy, childbirth in China,

783

háiyǒu shēngchǎn zhīhòu de zhège jīnglì,

还有生产之后的这个经历，

what happens after giving birth

What is it Like to be Pregnant in China?

784

háiyǒu gēn xīfāng huì yǒuyīxiē bùtóng de dìfang.

还有跟西方会有一些不同的地方。

and the differences between China and the West.

785

Hǎo, nà rúguǒshuō nǐmen xǐhuan zhège shìpín dehuà,

好，那如果说你们喜欢这个视频的话，

Alright, if you like this video,

786

jiù qǐng gěi wǒmen diǎnzàn, zhuǎnfā, bìng dìngyuè wǒmen de píndào.

就请给我们点赞、转发，并订阅我们的频道。

please give it a “like”, share and subscribe!

787

Wǒmen xiàqī zàijiàn, báibái. | Báibái.

我们下期再见，拜拜。| 拜拜。

See you next time, bye! | Bye