

# Runa's Birth

## The Day my Sister was Born

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Hello, have you visited our web site? There is a German ([www.Runas-Geburt.de](http://www.Runas-Geburt.de)) and an English ([www.runas-birth.de](http://www.runas-birth.de)) version of "Runa's Birth."

We would like to include the complete text of our picture-book in as many mother(!) tongues as possible, so that children can hear the book in their own languages. With scissors and some glue you can paste the English text over the German text. This way we can make copies of "Runa's Birth" in many different languages.

Runa's Birth — The Day my Sister was Born

A children's book by Uwe Spillmann and Inga Kamieth

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Please send us a letter with your order and 15€ or 15\$ in cash. We will send you the book by mail. Wiring money internationally is unfortunately very expensive, but that works as well. If you would like to wire the money please request our account number.

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We would appreciate hearing from interested publishers of children's books, so that there can be an English-language edition of "Runa."

# Runa's Birth

(English translation)

My name is Lisa and I am four years old. I live with my family in a village near Hamburg. Can you see me?  
I am cuddling with my Mommy in bed.

\*

Daddy and Lore have already started fixing breakfast. Lore is my godmother. She is visiting us because she wants to help us. Mommy has a baby in her belly, you know. Her belly is really big now. Mommy and Daddy said that the baby will come out in the spring.  
It's spring now! The daffodils are already in bloom!

\*

Mommy barely fits behind the sink now. Sometimes I can feel how our baby moves around in Mommy's belly. The baby can kick pretty hard. So can I.

\*

At breakfast Mommy doesn't eat at all, not even bread with honey. She says her belly feels tight. "I bet it'll start soon," she says to Daddy. Lore and I shout, "Hooray, the baby will come today!"  
"Well, let's wait first to see if it gets stronger. Maybe these aren't real contractions after all."

\*

Daddy plays circus with me. Mommy isn't watching at all, even though we are acrobats doing dangerous tricks!

\*

My godmother has lots of time for me. The sun is shining and Lore is playing with me and Fabio.  
Fabio is my friend. He's four, too. Our favorite thing to do is to build stalls for our wooden animals in the sandbox. I have three and Fabio has five. He even has a baby donkey.

\*

When I want to go get my new mold for the sandbox I have to be quiet. Mommy is in the hallway, talking on the phone. With Karin. She's our midwife.

\*

Just when I've finished dressing up I see Karin's red car.  
"Look!" says Fabio, "your midwife is coming."  
Today she has a big colorful case with her. Karin is nice. She once gave me a blue stone and let me play with her stethoscope.  
"Hello, Karin," we call to her. She laughs just a little and goes inside quickly.

\*

Sometimes I hear Mommy groan and she also breathes really loudly. Daddy and the midwife say that that's just normal. It makes me feel a bit strange. It's good that Lore is with me — and Fabio too, of course. We are playing store outside now. Karin's seeteeggee is on the chair. You can hear the baby's heart with it and paper comes out like it does on our fax machine.

\*

Luckily we have a guest bathroom. I can't go into our other one since Mommy is sitting in the bathtub and the midwife is massaging her back. The warm water and the massage make Mommy feel better during the contractions.

\*

Daddy is rubbing Mommy's belly and massaging her back. Daddy helps Mommy have the baby as best he can. He did that at my birth, too. That was a long time ago, but I know it because we have pictures of it in a photo album.

\*

Mommy's belly is hanging down from the ball just like it's a round ball, too. This way her back can relax. I use the ball for jumping, but only when someone holds onto me.

\*

Fabio didn't want to play with me anymore, since he always wanted my tricycle. So I went inside with Lore.  
Just as the baby wants to come out of Mommy's belly!  
The light is dim in the bedroom and it smells different.  
The heat is on so that it is cozy warm for the baby.  
Oh, Mommy screamed really loud. And then we can hear the baby! "Waaaaah!" cries the baby, but quiets down soon after Mommy picks her up.  
Mommy and Daddy and Lore cry a little because they are so happy.  
Even Karin has tears rolling down her face. Tears of joy, because I have a sister now. Hooray, I have a sister!

\*

We help to cut the cord.  
Karin said that we have to make sure the clamps

are set properly.

\*

My little sister is measured, weighed, bathed, and diapered. And I am allowed to help. I am good at it, because I am a big sister now.

\*

Karin picks up her midwife things.  
Her case holds a whole lot.  
I have a doctor's case,  
but that is smaller. Karin puts the  
paper mats into a trash bag.

\*

Then we all drink to my little sister.  
The grown-ups drink champagne and I drink  
children's champagne. It is actually  
mineral water, but it bubbles in my glass  
just as nicely as in the other ones.  
"Congratulations!" we all say,  
because it is a birthday.

\*

It is already dark when the midwife goes home.  
Mommy, Daddy and I can't take our eyes off our baby.  
We keep looking at little Runa.  
Yes, my sister's name is Runa.  
I think it's a pretty name. Mommy and Daddy picked it out a long time ago,  
but it was a secret until now.  
Runa nurses at Mommy's breast and falls asleep.  
I cuddle with Mommy and Daddy in bed. And with Runa.  
And tomorrow I will make a pretend umbilical cord and then play birth with Fabio.