

78 - KNOWLEDGE OF MOTHERS ABOUT BREASTFEEDING

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INTRODUCTION

Breastfeeding is considered one of the fundamental pillars for the promotion and protection of health in children around the world. Human milk is a source of food, protection from disease and affection, which is why experts around the world recommend exclusive breastfeeding for four to six months of life and supplemented under 2 years of life (SUSIN et al, 1998).

For Almeida (1999), can be emphasized the meaning of life through breastfeeding, feed on humans is in its early stages of development and solidify interpersonal relationships, making connections and conditions that facilitate the survival and journey toward maturity.

Human milk is a liquid complex designed to meet the needs of the newborn human. It is a dynamic substance whose composition changes to meet the different nutritional and immunological needs of the baby. It reaches such a high degree of specificity that the milk of mothers of premature infants, for example, has a different composition of the milk of mothers who give birth at term.

However, besides the importance of human milk, Almeida (1999) notes that "do not always realize the scenario of the emotions which the feeding part. The actions and reactions are crossed by emotional components that, although not explicitly provide meanings that sustain them." Thus, the milk flows do not operate only in terms of nutrients, but also the emotion creating bond of mother and child.

There are countless benefits that the practice of breastfeeding offers to both the growth and development of infants, for mothers, children and family, from the standpoint of biological and psychosocial. In most cases the mother is aware of the breastfeeding technique and also want to do it, but factors related to culture, family and local community and that permeate the imagination of the population end up preventing this process to be undertaken or continued.

According to Monteiro (1999), "several factors that affect how women feed their children and the time during which the mothers. These factors include: the environment in which women live, the economic situation of their families, their access to education and integration into the labor market, the advertising of infant formula and the performance of health services. Guidelines and wrong behavior on infant feeding often practiced for health services are considered an important factor in the erosion of breastfeeding, with so many mothers stop breastfeeding their children.

For Schmitz (2000), the value of human milk for the newborn and infant is aware of all the mothers of lay people and health professionals. However, often encounter children, even infants, being fed with cow's milk or foods.

Despite the benefits of breastfeeding, you should accept the choice, informed and aware of the mother for not breastfeeding. It must be remembered that the maternal desire to breastfeed or not to be understood and respected.

Currently, exclusive breastfeeding is recommended for a minimum period of six months. Later, the child should receive complementary foods, extending breastfeeding for at least two years, since the mother and child desire.

The mothers choose breastfeeding because they know the benefits for the child. Many seek the experience of the unique bond between mother and child, provided by breastfeeding. The support from partner and family is an important factor in the decision of mothers to breastfeed and their ability to succeed.

On the other hand they can also choose the bottle did not understand the benefits of breastfeeding and the risks of bottle feeding. Numerous taboos and prejudices about breastfeeding influence the decision making of women. Many felt that the bottle more convenient or less embarrassing. Some do not trust their ability to produce the quantity or adequate quality of milk.

The preparation during the prenatal ideal involves the baby's father, with information on the benefits of breastfeeding and on ways of parent involvement in the care and feeding of the baby.

To make an informed decision about the method of feeding the newborn, parents should be given the benefits for the newborn and the mother.

The nurse should provide this information to parents without criticism and with respect to what is decided. The key to encouraging the mothers is the orientation, starting as early as possible during pregnancy, and even before that. The prenatal classes on breastfeeding are an excellent vehicle to convey important information to prospective parents. The contact of mothers with breastfeeding women or breastfed successfully and with similar backgrounds can be very useful. The counseling programs are beneficial, especially in lower socioeconomic groups, where bottle feeding is more common.

Not just the woman be informed of the benefits of breastfeeding and opt for this practice. To carry on this practice, it must be inserted in a friendly environment for breastfeeding and have the support of a professional to help you, if necessary (GUGLIANO, 2004).

Nurses need to enter the community by studying their culture, behavior, thoughts and actions rooted, to obtain data that can be used for the creation of health policies on maternal and child health focused on the real scale of the problems of women and children.

Given the above this study aims to evaluate the knowledge of pregnant women seen at a health unit in the interior of Sao Paulo on breastfeeding and attention to drink.

METHODOLOGY

The research was conducted with a unit of the Health of São Paulo that serves pregnant women at high risk, needing assistance in gynecology, pediatrics, oncology, breast and family planning, with an attendance of about 1,000 women a month. It also offers educational activities such as lectures and courses they are registered and have a close monitoring especially mothers with high risk pregnancies.

The choice of the population took place, as this clinic provides services to women where they are offered lectures on breastfeeding, educational programs, and specialized work to women.

This study set out to inclusion criteria mothers over 18 who have children who are younger than 3 months of life, and as

exclusion criteria, mothers younger than 18 years, mothers with babies older than 3 months of life and mothers who refused to participate in the interview.

Instrument was used interviews with open and closed questions on knowledge of mothers about breastfeeding and also gave data on age, educational level, occupation, family income, marital status, obstetric history and lifestyle, so for the class socioeconomic criteria were used by the Brazilian Association of Advertisers (ABA) and the Brazilian Association of Institutes of Market Research (ABIPEME).

The study was approved by the Ethics Committee and after informed about the purpose of work and signing an informed consent, mothers were interviewed.

RESULTS AND DISCUSSION

Of the 15 mothers interviewed 74% were aged 20 to 30 years, 60% were Catholic, and had a stable life, with 45% living in their home and 60% have 3 or 4 people living in the same house, 70% of respondents were married.

According to research conducted in hospitals in Ontario shows that the age of 20 to 30 years shows a physiological and emotional maturity, may be more effective in the practice of breastfeeding. (PERCEGONI, 2002).

The socioeconomic characteristics, we observed that 30% of households had between 4 and 5 minimum wages of family income. In relation to social class in the classification of the ABA / ABIPEME, Class C was won 50% and 80% of women interviewed did not work out.

The low level of income is already a known factor related to the prevalence and durability of breastfeeding. Women of higher educational and economic condition breastfeeding in the first months. (SUZIN, et al 1998).

The study showed that all the women interviewed, independent of social class, showed the desire and satisfaction in nursing.

According to the characteristic of breast health and drinking, 85% of mothers are breastfeeding their children and only 15% are not breastfeeding. Of the mothers who are breastfeeding, one reported no milk, because when her son was two months old she was breastfeeding and he "drowned", in that she was afraid the other milk "dried up" after the death of his mother.

Early weaning is a problem that arises in all societies and particularly for low-income population, where weaning is associated with higher incidence of malnutrition and infectious diseases, therefore, needs the efforts of health professionals (CARVALHO, 1998).

All mothers are interviewed with the vaccine on time and the children had fallen ill since birth, 80% of the women attending the health unit where the research was performed.

The mothers in the study sought the health service mostly monthly (41%), followed by mothers who tried the service every four months (20%).

The politics of child health in Brazil is based on the promotion, protection and support of breastfeeding in order to reduce child mortality and improving health. The country became a model in this area, implementing the 80's, a national program to promote breastfeeding, with the support of the Ministry of Health, the United Nations Children's Fund (UNICEF) and World Health Organization (WHO). This openness has brought many advances, but still have to deal with this issue as extremely important, placing it as one of the cornerstones of primary health care, but it made the mothers seek more health clinics to learn more about the care of the child. (Carvalho, 1998).

Forty percent of the mothers had one child, 35% were mothers of two children and 25% had three or more children. According Giugliani et al. (1995), lack of knowledge about breastfeeding would endanger the success of breastfeeding, mothers who have had children are more prepared for another pregnancy.

All interviewed mothers received prenatal care and half of the mothers were instructed in the service studied about breastfeeding, as breastfeeding, sunbathing, exchange of the breast. And the other mothers had only guidance in the hospital when admitted for delivery.

Mothers in the study, 55% intend to breastfeed for a year. The meaning of an act (feeding), in turn, is built not only experience, but also the understandings and practices that a particular community has regarding the matter. It is now common breastfeeding be conveyed by the popular behavior as a mother's love for his son. Thus, advertising is bringing you some understanding on the premium, to which the whole community in general is subject, so that mothers breastfeed for longer children (REZENDE, 2002).

It was observed that 77% of the mothers interviewed, take pleasure in feeding, all mothers interviewed consider it important for the child and for them, and that peers help in caring for children.

Soon after the initiation of breastfeeding, the body of the nurse is influenced by the psyche, which justifies even use the term "embodiment" to express this union so intimate between them. It is worth dwelling on this point because of its importance. The mother (mind and body) needs to relate intimately with the baby, both to get breastfeeding effectively, how to exercise their maternal role satisfactorily. This is at the expense of a deep identification with her son, like a "neurosis" temporary. It makes the mother feel more and more pleasure in feeding (REZENDE, 2002).

CONCLUSION

The mothers in the study had good quality advice on breastfeeding, 50% of respondents had studied in the service orientation and the other mothers received guidance elsewhere.

Of the 15 mothers interviewed, 13 are breastfeeding, and two stopped breastfeeding after the occurrence of emotional problems. All mothers liked to breastfeed, and felt happy to breastfeed, finding important to them and to drink. The act of breastfeeding beyond the aspect of nutrition, is also showing affection, serving to increase the bond between mother and child.

The nurse has an important role in the guidance on breastfeeding and therefore should always be prepared for educational activities. We note that the place of study of the methods used by the team to guide pregnant women was the organization of courses for pregnant women.

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KNOWLEDGE OF MOTHERS ABOUT BREASTFEEDING

ABSTRACT

In breastfeeding, human milk is a dynamic substance and its composition serves to supply the babies' nutritional necessities, moreover, breastfeeding is an act of love and affection, which contributes to developing biological and psychosocial establishing strong ties between mother and child . The objective of this research was to evaluate mother's perception about breast-feeding and how important is its training. The prospective, descriptive study was conducted with a health unit in the country. of Sao Paulo. The population included 15 mothers with more than 18 years old, all-resident in Limeira city, attended in this health unit that had children born up to 3 months before the interview. As results were observed that the mothers had knowledge on the importance and felt pleasure in breast-feeding. Based on these results we may suggest that offering training about breast-feeding, acts in favor of positive results. As a result it was observed that mothers were aware about the importance of breastfeeding and felt happy to breastfeed. With these results suggest that providing training on breastfeeding promote positive results, with good acceptance of breastfeeding.

KEYWORD: Breastfeeding, Nursing care, Perception.

INFORMER LES MÈRES SUR L'ALLAITEMENT MATERNEL

RÉSUMÉ

À l'allaitement, le lait maternel est une substance dynamique et sa composition sert à alimenter les besoins nutritionnels de l'enfant et, en outre, l'allaitement est un acte d'amour et d'affection, ce qui contribue au développement biologique et psychosocial établissant un lien entre la mère et l'enfant . L'objectif de cette étude était d'évaluer et de perception des mères sur l'allaitement et l'importance des conseils sur l'allaitement maternel des mères. L'étude prospective et descriptive a été menée auprès d'un service de santé à l'intérieur de Sao Paulo. La population étudiée se composait de 15 mères âgées de 18 ans, ont assisté à ce service dans la ville de Limeira qui avaient des enfants nés à 3 mois avant l'entrevue. En conséquence il a été observé que les mères étaient conscientes de l'importance de l'allaitement maternel et se sentait heureuse d'allaiter. Avec

ces résultats suggèrent que la formation sur l'allaitement de promouvoir des résultats positifs, avec une bonne acceptation de l'allaitement.

MOT-CLÉ: L'allaitement, les soins infirmiers, Perception.

CONOCIMIENTOS DE LAS MADRES SOBRE LA LACTANCIA MATERNA

RESUMEN

En la lactancia materna, el leche materno es una sustancia dinámica y su composición sirve para suplir las necesidades nutricionales del bebé y, además, la lactancia materna es un acto de amor y afecto, que contribuye al desarrollo biológico y psicosocial que se establece un vínculo entre la madre y el niño. Este estudio objetivó evaluar la percepción de las madres sobre la lactancia materna y la importancia de la orientación sobre la lactancia materna para las madres. Es un estudio prospectivo, descriptivo que se realizó con una unidad de salud en el interior de Sao Paulo. La población del estudio estaba formado por 15 madres de 18 años, que frecuentó a este servicio en la ciudad de Limeira que había niños nacidos a 3 meses antes de la entrevista. Como resultado se observó que las madres eran conscientes de la importancia de la lactancia materna y se sintió feliz de la lactancia materna. Con estos resultados sugieren que faciliten la formación sobre la lactancia materna promover resultados positivos, con buena aceptación de la lactancia materna.

PALABRA CLAVE: lactancia materna, cuidados de enfermería, la percepción.

CONHECIMENTOS DE MÃES ACERCA DO ALEITAMENTO MATERNO

RESUMO

No aleitamento materno, o leite humano é uma substância dinâmica e sua composição serve para suprir as necessidades nutricionais do bebe e, além disso, amamentar é um ato de amor e carinho, que contribui no desenvolvimento biológico e psicossocial estabelecendo um vínculo entre mãe e filho. O objetivo desta pesquisa foi avaliar a percepção das mães sobre a amamentar, e a importância da orientação sobre a amamentação para as mães. O estudo descritivo, prospectivo foi realizado junto a uma unidade de saúde do interior de São Paulo. A população foi constituída de 15 mães maiores de 18 anos, atendidas neste serviço residentes no Município de Limeira que tinham filhos nascidos até 3 meses antes da entrevista. Como resultados foi observado que as mães tinham conhecimento sobre a importância da amamentação e sentiam prazer em amamentar. Com os resultados encontrados sugere-se que oferecer treinamento sobre amamentação favorece resultados positivos, com boa aceitação da amamentação.

PALAVRA-CHAVE: Amamentação, Assistência de enfermagem, Percepção.

PUBLICAÇÃO NO FIEP BULLETIN ON-LINE: <http://www.fiepbulletin.net/80/a2/78>