42 - THE CONCEPTION MOTHER ABOUT INFANT FEEDING FROM 0 TO 2 YEARS

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1 INTRODUCTION

Even with all the progress of health policies and strategies aimed at the problem of malnutrition in our country, it is clear that the nutritional deficiency is still a very remarkable condition in society, particularly with regard to the age group 0 to 2 years. According to the assertions of the Ministry of Health, “despite the improvement of the nutritional status of children affected in recent years, child malnutrition remains a public health problem in this age group, in which food has an important role” (BRAZIL, 2002, p. 10).

While recent years have seen an improvement in levels of malnutrition in children, this problem is still prevalent in the age group 6 to 18 months of great concern to the authorities and health professionals, since this age range is included within the period of great nutritional importance to child development.

On the importance of nutrition in the first two years of life Sales (2008, p. 14) states that "a well- is the basis for the proper development and growth of an individual but also for the good structural formation of organic children, youth and adult ".

The assessment of nutritional status of children is usually performed during the visit of growth and development (C and D), using the anthropometric method, which, due to numerous advantages, it is universally accepted, making a research method that is based on nutrition measurement of body composition change. This methodology is used for evaluation of individuals and groups in all stages of their lives, taking into account their nutritional status. This method is advantageous because of its easy application and standardization, as well as being simple, inexpensive and minimally invasive, thus enabling the individual diagnoses are made, analyzed and grouped to provide a collective diagnosis, which identifies the profile nutritional status of a defined group (FAGUNDES et al. 2004).

Realizing the importance of infant feeding practices during our undergraduate program in nursing, specifically during the consultations to monitor the growth and development of children, we could notice that a number of mothers did not have considered a more appropriate understanding of the importance infant feeding from 0 to 2 years and found that many children had weight below the standards for others and above the normal weight stipulated by the Ministry of Health

From this perspective, we have the following question: What is the concept of the importance of maternal infant feeding from 0 to 2 years?

This study presents a general objective: to evaluate the design on the maternal infant feeding from 0 to 2 years, and specific objectives: to identify the socioeconomic level of the mothers who use the program for C and D, to describe the degree of understanding of mothers infant feeding 0-2 years and identify the existing myths about infant feeding from 0 to 2 years.

2 METHODOLOGY

It is a descriptive study of quantitative and qualitative approach. Was carried out in the Basic Health Marinaldo Dr. John Holland, located at Rua Coronel Luiz Inácio, S / N, Barrio Centro, Caraúbas / RN.

The sample consisted of 27 mothers. We used the following inclusion criteria: be enrolled in the unit, have children aged 0-2 years and take them to the accompaniment of C and D. Data were collected during the consultations on the drive C and D, through a semi-structured interviews.

Quantitative data were analyzed using simple frequency and qualitative data, the light of relevant theoretical framework.

Data collection was performed after approval by the Ethics Committee in Research of the University Potiguar with Protocol No. 166/10, CAAE :0170.0.052.000-10.

3 RESULTS AND DISCUSSION

The maternal perception of infant feeding from 0 to 2 years is the degree of understanding about the dynamics of mothers feeding their children right, and what guidelines they must follow, trying to contemplate: the ideal type of food, nutrition and the importance of time to the introduction of each food type.

Regarding the results of interviews with 27 mothers in the municipality of Caraúbas, for the diagnosis of the design in relation to maternal infant feeding from 0 to 2 years, we can conclude that 33.33% (9), presented as grade school education average, 25.92% (7), incomplete secondary education, 25.92% (7) college graduates, 11.11% (3), elementary school and 3.72% (1), elementary education.

According to Simon et al. (2009), according to surveys conducted in the northwestern city of Campinas (SP) in 2001, with 385 children who had low socioeconomic status, demonstrated that there was an association between early weaning and the schooling rate of mothers. These studies have shown that mothers who had a shorter study were more likely to wean before six months, introducing the diet of their children complementary foods well before the time stipulated by the policies to promote child health in the Ministry of Health.

As for family income, 51.85% (14) of mothers had an income between 1 to 2 minimum wages; 14.81% (4) of them 2 to 3 minimum wages; 7.40% (2) 3 to 4 salaries minimum, 7.40% (2) more than 4 minimum wages and 18.51% (5) of them had no income.

Also in accordance with that said Simon et al. (2009, p. 390): "Some studies show that early introduction of complementary feeding is associated with low family income, low maternal age, mother's return to work, low maternal education and early motherhood".

Regarding the process of breastfeeding, 81.48% (22), the mothers interviewed said breastfeeding or have breastfed their children, while only 18.52% (5), confirmed not having breastfed. When mothers were asked if they believed in the importance of breastfeeding to the health of their children, all said yes, because breastfeeding made the child more healthy, prevent disease, and help was important in the growth and development.

According to Sales (2008), a well-oriented is the basis for the proper development and growth of an individual, especially in their first year of life, and reflecting, consequently, in all stages of their life.

Of the five mothers who reported not having breastfed, accounting for 18.52% of the total, with grade 3 education Incomplete secondary school, family income between 1 to 4 minimum wages, where two of them claimed not to have breastfed for health issues and the third for not having made milk. As for the other two mothers who did not breastfeed, had higher education, family income in around 2 to 3 minimum wages, justified not breastfed, one for health reasons and the other did not have time, he worked.

What surprised us because it was expected the withdrawal of breast feeding by mothers with lower educational level, given the lack of information and clarification about the importance of the benefits from the process of breastfeeding for both the child as well his mother (SIMON et al. 2009).

However, aspects of maternal education, mother's employment status and family income were not associated with the age of introduction of complementary foods, perhaps due to the homogeneity of the study group, which can be considered a limiting aspect of the study.

When it comes up when the mother should breastfeed her child, 44.44% of them (12) responded that at six months was ideal to ensure the health and welfare of the child later.

However, 18.52% (5) stated that time would be ideal breastfeeding until 2 years old, 14.81% (4) even when the child wanted, 11.11% (3) until the age of 1 years, 7.40% (2) while I had to milk and, finally, 3.70% (1) that should be answered even when the teeth were born. It was realized then that less than half the mothers had the correct perception of the timing that should keep breastfeeding, while more than 50% of them still had a mistaken view regarding the optimal period of exclusive breastfeeding of their children.

However, as confirmed the Ministry of Health: "(...) despite advances, the prevalence of breastfeeding is still short of international recommendations, either in duration of breastfeeding and in the maintenance of breastfeeding exclusively until six months of life (...)".

When referring to had some kind of food that did not give their children and because they did not, 74.07% (20) of them responded that they had certain foods, such as stuffed biscuits, canned foods, fatty foods, which were inadequate for children's diet because they have features not healthy for the body of their children. However, 25.92% (7) answered no, because it offered all kinds of food to their children, since they were "good mouth" (BRAZIL, 2002, p. 84).

Regarding the introduction of foods in the diet of the child, Castro et al. apud Dewey; Brown (2008, p. 84) state that:

We have observed as a consequence of inadequate food introduction: early weaning, obesity, allergies, chronic diseases, malnutrition, diarrhea and other infectious diseases, rapid growth and development, establishment of eating habits early in life that tend to accentuate early childhood and adolescence, among others.

Referring to when they thought what would be the ideal time that should add other foods to the diet of their children, 74.07% (20) of them responded that they would be from the 6. Month of the child's life, whereas, 7.40 % (2) that should be answered from. 5 months, 7.40% (2) reported that from 2 years, 3.70% (1) after 1 year and 3.70% (1) when necessary.

However, even today, is very common to see mothers who did not properly follow the instructions given during the follow-up visits C and D of their children, adding to the food inadequate diet and age of your children, disregarding often the information received (SALES, 2008).

It was also asked if they accepted advice from grandparents, neighbors, in relation to feeding their children, and 62.96% (17) of them said yes, 25.92% (7) said no and 11.11% (3) said that sometimes accept some opinions.

Sales (2008, p. 13) states that:

The family has a direct role in culture and is indispensable in the stimulation of appropriate infant feeding practices in the first months of life, and the critical support needed at this crucial moment and that will determine consequences, which can be positive or negative, for the life of these children.

Concerning overweight, mothers were asked whether they believed that chubby children were considered healthier than those considered thin, and 77.77% (21) answered no, since fat was not good for health. Since 22.22% (6) mothers answered yes, saying that their children were fat and were not really sick.

According to the statement Valadares (2009), the view that children are not healthy and lean rather the chubby, is already part of an outdated past and today even the media has changed advertising that gave the false idea that the children "fluffy" (chubby) was the most healthy. This is due, among other factors, the increasing number of childhood obesity and also because of cases reported in the literature directly and indirectly related to childhood obesity with increasing obesity in adults.

So, with some conceptions maternal health care professionals responsible for assessing the nutritional status of children, especially when the query C and D, identify the key flaws in food, but also seek to establish interaction with their mothers for the From this it can provide information that will both meet the deficiencies of knowledge about this mother feeding her child adequately the reality of families. Thus, the mother can raise awareness about the importance of a well managed process for the growth and healthy development of your child.

Corroborating the ideas of Sales (2008): the monthly consultation of C and D, the health professional evaluates the food crop most used by mothers of children is discussed and explained on the value of exclusive breastfeeding up to six months and the introduction of complementary feeding after that period, showing the main sources of food necessary for the child.

4 CONCLUDING REMARKS

In relation to the socioeconomic level of the mothers who attended the C and D were interviewed, it appears that most of them concentrated between the educational level of the High School Incomplete Higher Education, leaving only a small portion, which was divided between the elementary school Incomplete and Elementary School (4 mothers). However, in the economic standard grating, over half, 51.85% (14 mothers) had a wage income of around 1 to 2 minimum wages, diluting the remaining percentage from other salary categories, balanced.

Such situations allow us to say that the purchasing power of most mothers was relatively low, but with the degree of knowledge, this was presented at a range of medium to good, which favors these mothers, a better understanding of the importance of valuing a diet that is adequate and in accordance with the guidance given in the pre-natal nurses.

Concerning the degree of understanding of mothers on infant feeding, we realized that most respondents, even those who had a low education level, respondents recognize the importance of breastfeeding and a healthy diet for proper growth and

development of their children. However, with some minor distortion on the issues relating to the period of breastfeeding and optimal timing for insertion of new foods. What did not compromise the quality of food offered to children.

During the interview process, we can see that even some mothers fed certain myths about infant feeding their children, among them the substitution of milk for the porridge, claiming that the milk was not strong enough to satisfy the hunger of the child and the child only has to put on weight after they started taking porridge. Being such a myth, often reinforced by the adoption by the mothers, grandmothers advice and / or neighbors, who claimed to have created his children that way, and even so, they failed to grow strong and healthy.

We could also see that the idea of a cute child be healthier than the others, is still revered by some mothers to the point that often find their children are overweight, but for them it is a sign of health and beauty, not allowing them to realize the risks that can aggravate problems related to obesity such as cardiovascular disease, diabetes, hormonal disorders and food. In the study realized the responsibility of health professionals in promoting guidelines that are appropriate to the realities of families to an educational intervention can promote coherent, able to enlighten, inform, educate and change the way of thinking and acting of the mothers are assisted.

We suggest you consult the professionals responsible for the C and D would seek to train and seek to promote a dynamic process of interaction with their mothers. So that these mothers can really feel welcomed and well attended, giving the building a relationship of mutual trust, contributing to the process of health education and encouraging adoption and use, with more awareness on the part of mothers, the information exchanged during the monitoring of child growth and development.

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THE CONCEPTION MOTHER ABOUT INFANT FEEDING FROM 0 TO 2 YEARS

The study aimed to evaluate the design maternal infant feeding from 0 to 2 years. It is a descriptive approach quantitative and qualitative. We interviewed 27 mothers who performed the queries of C and D of their children at UBS Dr. John Marinaldo of Holland, City of Caraúbas / RN. Quantitative data were analyzed using simple frequency and qualitative light from the theoretical point. Data were collected after approval by the Ethics Committee in Research of the University Potiguar with protocol No. 166/2010, CAAE: 0170.0.052.000-10. In the majority of mothers (33.33%) had incomplete secondary education. But the economic standard, 51.85% had family incomes from 1 to 2 minimum wages. In relation to breastfeeding 81.48% breastfed their children. The aspects of maternal education, working condition of the mother and family income were not associated with the age of introduction of complementary foods, perhaps due to the homogeneity of the study group, which can be considered a major drawback of the study. Of the respondents, 44.44% were aware of the benefits of exclusive breastfeeding until 6 months of age. Regarding the entry of food and dietary restrictions, 74, 07% reported that the introduction of new foods should occur from 6 months and restrict the consumption of foods such as biscuits stuffed in feeding children. Mothers when they were asked if they believed that children considered plump were healthier than those considered lean, 77.77% said no, since fat was not good for health. In the study realized the responsibility of health professionals in promoting guidelines that are appropriate to the realities of families to promote an educational intervention coherent, able to enlighten, inform, educate and change the way of thinking and acting of the mothers are assisted.

KEYWORDS: Food; Child; Mother

DESSINS SUR L'ALIMENTATION INFANTILE MATERNELLE DE 0 A 2 ANS

L'étude visait à évaluer la conception infantile de la mère l'alimentation de 0 à 2 ans. Il s'agit d'une approche descriptive quantitative et qualitative. Nous avons interrogé 27 mères qui ont effectué les requêtes de C et D de leurs enfants à l'UBS Marinaldo M. Holland John, Ville de Caraúbas / RN. Les données quantitatives ont été analysées en utilisant la fréquence simple et léger qualitative du point de vue théorique. Les données ont été recueillies après l'approbation par le Comité d'éthique en recherche de l'Université Potiguar avec le protocole n ° 166/2010, CAAE: 0170.0.052.000-10. La majorité des mères (33,33%) n'avaient pas terminé l'enseignement secondaire. Mais la norme économique, 51,85% avaient un revenu familial de 1 à 2 salaires minimums. En ce qui concerne l'allaitement 81,48% allaité leurs enfants. Les aspects de l'éducation maternelle, statut d'emploi de la mère et le revenu familial ne sont pas liés à l'âge d'introduction des aliments complémentaires, peut-être en raison de l'homogénéité du groupe d'étude, qui peut être considéré comme un aspect limitatif de l'étude. Parmi les répondants, 44,44% étaient conscients des avantages de l'allaitement maternel exclusif jusqu'à 6 mois d'âge. En ce qui concerne l'entrée des restrictions alimentaires et diététiques, 74, 07% ont déclaré que l'introduction de nouveaux aliments doit se faire à partir de 6 mois et limiter la consommation d'aliments comme les biscuits farcis à nourrir les enfants. Les mères ont été demandé s'ils croyaient que les enfants étaient considérés comme plus sains que ceux considérés grassouillet maigre, 77,77% ont dit non, car la graisse n'était pas bonne pour la santé. Dans l'étude réalisée de la responsabilité des professionnels de la santé dans la promotion de lignes directrices qui sont adaptées aux réalités des familles d'une intervention éducative visant à promouvoir cohérente, capable d'éclairer, informer, éduquer et changer la façon de penser et d'agir sur les mères sont assistées.

MOTS-CLÉS: Nourriture; Crinça ; La mère

DISEÑOS DE ALIMENTACIÓN INFANTIL DE LA MADRE DE 0 A 2 AÑOS

El objetivo del estudio fue evaluar el diseño de la madre lactante alimentación desde 0 a 2 años. Se trata de un enfoque descriptivo cuantitativo y cualitativo. Entrevistamos a 27 madres que realizó la consulta de C y D de sus hijos en UBS Marinaldo Dr. John Holland, de la Ciudad de Caraúbas / RN. Los datos cuantitativos se analizaron mediante frecuencias simples y cualitativos de la luz marco teórico relevante. Los datos fueron recolectados después de la aprobación por el Comité de Ética en Investigación de la Universidad Potiguar con el protocolo N º 166/2010, CAAE: 0170.0.052.000-10. La mayoría de las madres (33,33%) tenían educación secundaria incompleta. Sin embargo, el nivel económico, 51,85% tenía ingresos de la familia 1 a 2 salarios mínimos. En relación a la lactancia materna 81,48% amamantan a sus hijos. Los aspectos de la educación materna, el estado de la madre de empleo y los ingresos familiares no se relacionaron con la edad de introducción de alimentos complementarios, tal vez debido a la homogeneidad del grupo de estudio, que se puede considerar un aspecto limitante del estudio. De los encuestados, 44,44% eran conscientes de los beneficios de la lactancia materna exclusiva hasta los 6 meses de edad. En cuanto a la entrada de alimentos y las restricciones dietéticas, de 74 años, 07% informó de que la introducción de nuevos alimentos debe realizarse desde los 6 meses y restringir el consumo de alimentos como galletas rellenas en la alimentación de los niños. Madres se les preguntó si creían que los niños eran vistos como más saludables que los considerados gordito grasa, 77.77% dijo que no, ya que la grasa no es bueno para la salud.

PALABRAS CLAVE: Alimento; Niño; Madre

CONCEPÇÕES MATERNAS SOBRE A ALIMENTAÇÃO INFANTIL DE 0 A 2 ANOS

O estudo objetivou avaliar a concepção materna sobre alimentação infantil de 0 a 2 anos. Trata-se de uma pesquisa descritiva de abordagem quanti-qualitativa. Foram entrevistadas 27 mães que realizavam as consultas de C e D de seus filhos na UBS Dr. João Marinaldo de Holanda, Município de Caraúbas/RN. Os dados quantitativos foram analisados por freqüência simples e os qualitativos a luz de referencial teórico pertinente. Os dados foram coletados após a aprovação pelo comitê de ética em pesquisa da Universidade Potiguar, com protocolo de nº 166/2010, CAAE: 0170.0.052.000-10. A das maioria das mães (33,33%) tinham ensino Médio Incompleto. Já o padrão econômico, 51,85%, apresentavam renda familiar de 1 a 2 salários mínimos. Em relação a amamentação 81,48% amamentaram seus filhos. Os aspectos escolaridade materna, condição de trabalho da mãe e renda familiar não apresentaram associação com a idade de introdução de alimentos complementares, talvez devido à homogeneidade do grupo estudado, o que pode ser considerado um aspecto limitante do estudo. Das entrevistadas, 44,44% eram conscientes dos benefícios da amamentação exclusiva até os 6 meses de idade. Em relação à introdução de alimentos e as restrições alimentares, 74, 07% informaram que a introdução de novos alimentos deve ocorrer a partir do 6º mês e restringem o consumo de alimentos como bolachas recheadas na alimentação das crianças. As mães ao serem questionadas se acreditavam que crianças consideradas gordinhas eram mais saudáveis do que as consideradas magras, 77,77% responderam que não, uma vez que gordura não fazia bem à saúde. Com a realização do estudo percebemos a responsabilidade dos profissionais de saúde em promover orientações que se adequem às realidades das famílias para promover uma intervenção educativa coerente, capaz de esclarecer, informar, conscientizar e mudar a forma de pensar e agir das mães que são assistidas.

PALAVRAS CHAVES: Alimentação; Criança; Mãe