

FAMILY AND EDUCATIONAL FACTORS THAT INFLUENCE BREASTFEEDING

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Abstract: Breastfeeding motivates the promotion of breastfeeding, which is done through health education at an early stage, since prenatal care, being exclusive for six months. The objective of this research is to analyze, through scientific studies, how family factors and health education influence the lactating woman during the breastfeeding period. This work is a qualitative, descriptive and exploratory literature review. Studies show that emotional factors related to the mother, education levels and her own personality may induce her to give up breastfeeding early or may be poorly motivated to breastfeed. It is important to talk with parents and family members present in the context of the breastfeeding woman about the importance of forming the baby's affective bond through breastfeeding and that this is more intense between mother and baby when breastfeeding is maintained for longer. Therefore, the personal and economic experiences of this family must be considered, since this can facilitate or hinder the health education process. Thus, the lactating woman and the family must be listened to and concerns considered by health professionals. So, for women to have greater motivation to sustain breastfeeding, a combination of factors is needed, such as effective health education adapted to the family reality.

Keywords: Breastfeeding, Health education, Infants, Breastfeeding.

INTRODUCTION

The United Nations Children's Fund (UNICEF) proposes exclusive breastfeeding (BF) for six months and its complementation for at least two years (FERREIRA, 2011; LEVY, BÉRTOLO, 2008). This motivates the promotion of breastfeeding, which is done through early health education, since prenatal care, which is the best time to get help about proper technique and

difficulties that the mother may face at this time (TEIXEIRA, 2013). Also, in prenatal care, health professionals guide the family about breastfeeding until delivery and the puerperium, so that they can see the importance of breastfeeding the infant, giving emotional support to the woman (JENERAL, 2015). And it is known that the family is relevant in the role linked to supporting the female figure and the newborn (NB), both in primary care and with breastfeeding (PRATES, 2014). The objective of this research is to analyze, through scientific studies, how family factors and health education influence the lactating woman during the breastfeeding period.

METHODOLOGY

This work is a qualitative, descriptive and exploratory literature review. Data collection was carried out through scientific articles published in the virtual databases LILACS (Latin American and Caribbean Literature on Health Sciences) and Google Scholar. The descriptors used were "breastfeeding", "family relationships" and "paternity", obtaining more than 57,000 articles, and the inclusion criteria included scientific publications published in Portuguese and English in the last ten years. Researches, which were not part of the central idea of this analysis, were excluded. After collecting the data, the information on the suggested topic was interpreted.

RESULTS AND DISCUSSION

The literature shows that the mother's emotional state, family composition, education and information levels, and her own personality may induce her to give up breastfeeding early or may be poorly motivated to breastfeed (FERREIRA, 2011). This leads to the need to improve health education practices in order to address the various aspects that influence the decision to

feed the infant (TEIXEIRA, 2013).

Through counseling about breastfeeding for the father, it is possible to prevent physical distance between the couple after childbirth, since the father figure by supporting, participating and encouraging the female figure to breastfeed, there is no feeling of abandonment, but yes of security for both men and women. A participatory and tolerant father most of the time guarantees the mother a less variable emotional state and more susceptible to milk production and breastfeeding (JENERAL, 2015). However, it is important to emphasize that this support does not always help to maintain breastfeeding, because in some cases, even if the father or other family members offer help, there are puerperal women with attitudes and thoughts against breastfeeding, which results in the inopportune introduction of formulas and foods. complementary to the child's diet, thus leading to early weaning (PRATES, 2014).

It is clear then that it is necessary to guide parents and family members present in the context of this lactating woman about the importance of forming the baby's affective bond through breastfeeding and that this is more intense and lasting between mother and child when breastfeeding is maintained for a long time. longer, in addition to the nutritional and immunological benefits present in human milk (FERREIRA, 2011). Therefore, the personal, cultural, social, economic and educational experiences of this family must be considered, since these can facilitate or hinder the health education process, so the breastfeeding mother and the family must be listened to, welcomed and their fears, concerns and anxieties considered by health professionals. They must never impose their knowledge and ways of thinking, because only then can these families be positively influenced through realistic, motivating and pleasurable guidelines (FERREIRA, 2011).

CONCLUSION

From what has been analyzed, there are several advantages in breastfeeding, whether in the short or long term, since it contains nutrients and immunological properties that are essential for the good health of infants, not to mention the better formation of the mother-baby bond. But, finally, for the woman to have greater motivation to sustain breastfeeding, a combination of factors is needed, such as effective health education adapted to the family reality, the presence and participation of the father and other family members, who are capable and are committed to providing support, emotional and physical support, in addition to greater motivation for the mother not to give up breastfeeding.

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