

## PATERNAL PERCEPTION OF BREASTFEEDING

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## INTRODUCTION

Breastfeeding (BF) represents a significant step in promoting and protecting children's health and, therefore, is recommended by the World Health Organization (W.H.O.) essentially during their first six months of life (MATOS *et al.*, 2015). Scientific evidence reinforces the importance of breast milk, which must be offered exclusively until six months of age to the newborn (NB) (BALDWIN *et al.*, 2021). Breast milk is a food source with a high nutritional level that includes vital elements such as fatty acids, mineral salts and carbohydrates, essential for maintaining child development (MATOS *et al.*, 2015).

The insertion and encouragement of breastfeeding is necessary, above all, for the healthy and balanced development of the child, as it prevents the emergence of infectious processes, dental malformations and obesity (PINTO *et al.*, 2018). The benefits of the pregnancy-puerperal cycle extend, in the same way, to maternal health, not only by preventing the incidence of puerperal hemorrhages, but also by helping to restore the woman's anatomy prior to childbirth, intensifying the maternal feeling (ALCANTRA *et al.*, 2021).

With the arrival of the newborn, the process of human breastfeeding begins biologically, assuming a crucial role in the formation of the maternal bond with the child. The maintenance and continuity of breastfeeding is due, above all, to the presence of a support network, responsible for welcoming and supporting her in order to make the postpartum period a peaceful and pleasurable period (CASTELO, 2018). Therefore, the involvement of family and friends during breastfeeding is essential, through a support network, as a strategy to encourage and protect breastfeeding (NERY, 2021). Furthermore, successful breastfeeding may be associated with the presence and involvement of your partner (FELDMAN, *et*

*al.*, 2023). In this sense, parental support plays an influential role in adherence and duration of breastfeeding, as it provides the necessary support to the partner. (KOKSAL, *et al.*, 2022).

The inclusion of partners in the breastfeeding process is an important step to promote the continuity of breastfeeding, as spouses are present in the day-to-day life of the postpartum woman and play a large role within the support network. Therefore, there are several ways to offer support to your partner, such as promoting rest time, offering regular praise and helping them with their daily tasks. Help with household tasks has already been shown in scientific research as a relevant factor in strengthening exclusive breastfeeding (CECAGNO *et al.*, 2020). Therefore, the involvement of the partner/father is the initial step towards changing their behavior, aimed at fatherhood (BALDWIN *et al.*, 2021).

With a view to paternal promotion and involvement, it is crucial to include the partner in discussions about the baby, from the moment they are aware of the existence of their future child. Consequently, the partner will become familiar with the guidance plan for the arrival of the child, as well as the main care measures to promote the continuity of breastfeeding. From that moment on, the bond is strengthened, and a link is structured between the mother-father/partner-baby triad, fundamental for the development of the child and for the physical and psychological health of the postpartum woman, providing companionship and a better division of tasks between the couple (ALCANTRA *et al.*, 2021).

The current panorama shows that the majority of women interrupt the breastfeeding process before the recommended period of six months after birth, which indicates that only 41% of newborns are fed exclusively with breast milk (MATOS *et al.*, 2015). This is justified through data obtained through

the implementation of the Breastfeeding Self-Efficacy Scale (BSES-SF), which aims to analyze the main factors that influence the father's performance or withdrawal during the breastfeeding period. (DENNIS *et al.*, 2018). From this perspective, the following stand out: 1) whether the couple chooses breastfeeding as the desired infant feeding method, (2) how much effort the father expends to help the breastfeeding mother, (3) whether his thought patterns encourage or dissuade him from helping with breastfeeding and (4) how he will respond to breastfeeding difficulties. (DENNIS *et al.*, 2018, pg. 18).

This way, health professionals, especially nurses who constantly accompany the couple in health units, must make a commitment to guide, promote, encourage and support the couple about breastfeeding, highlighting the forms of reception, communication and the health educational process. It is essential that the male parent receives the correct guidance on breastfeeding, demystifying the role of the male figure in the breastfeeding scenario, guiding, teaching and encouraging him to touch his partner, helping her with milking, breast massage or whatever necessary, removing the preconception that a partner's touch only refers to sexuality. In addition, studies already indicate that male encouragement and assistance with pregnant women during breastfeeding makes the process easier and reduces the rate of giving up breastfeeding, also strengthening family bonds (ALCANTRA *et al.*, 2021).

## GENERAL OBJECTIVE

Analyze the paternal and/or partner's perception of the breastfeeding process and identify the difficulties faced in participating in this process.

## LITERATURE REVIEW

Maternal and obstetric health has undergone significant changes in attention and care aimed at the pregnancy-puerperal cycle, the newborn and the family. This way, studies were developed focusing on the family axis, specifically, the father and/or partner, given their significant role in promoting the well-being of the mother and baby (CASTELO, 2018).

Contact with the partner's experience generates new physical, social and psycho-emotional experiences. These emotions are directly linked to the beliefs and values present within the family. From this perspective, the formation of the partner's thoughts and role are subsidized by the social environment in which they are inserted (FAZIO *et al.*, 2018). Thus, it is understood that the partner goes through a psychic reorganization, necessary for the man to develop and understand the idea of his role in the child's development (CHERER *et al.*, 2016).

Historically, the Industrial Revolution, which dates back to the end of the 17th century, presents an important point in changing family relationships. Thus, there was a change in emotional ties to the need for economic ties, in which the father seeks to support his offspring through paid work. This configuration, despite the temporal distance, still largely persists in the social base of the Brazilian family structure, which justifies the incidence of patriarchal actions (ABRANTES, 2014).

Furthermore, the entry of women into the job market in the mid-1980s intensified mothers' routines, which, combined with domestic demand, promotes a feeling of exhaustion that weakens the maternal-child period. From this perspective, the division of tasks between the members of the house began intensely and, consequently, the greater involvement of the partner in domestic activities, education and raising children. (CARVALHO, 2018).

The presence of a solid family structure, with adequate social health indicators (income, education, basic sanitation, etc.) demonstrates higher representative rates of paternal support and participation. However, in vulnerable contexts, it is clear that partners describe feelings of exclusion, which are based on their insecurity in occupying their respective family role. Furthermore, many partners have exhausting working hours, which prevent them from actively participating in medical appointments and even in family dynamics (DYCHTWARD *et al.*, 2021). His role as a father occurs, to a large extent, according to his marital structure, when based on respectful dialogue it becomes natural and calm, however, when negligent, he focuses only on financial provision (RESENDE *et al.*, 2014).

There are, however, legislative regulations, such as Law No. 11,108/25, which guarantees a formal period of two days of the parent's right to follow-up medical appointments and complementary exams, during the gestational period. However, the partner's participation continues to be unmotivated given the short term for their family involvement.

Under this perspective, Law 13,257/2016, called the Early Childhood Law, highlights the extension of maternity leave to 20 days, with the aim of encouraging responsible parental exercise. Despite this, it is noted that even with the extension of the period to promote their active participation, the partner is unable to meet the needs of the mother-baby binomial as well as integrate into the family nucleus (ALCÂNTARA *et al.*, 2021). Therefore, staying awake at night and being available for domestic tasks become subsequent complications that demand greater energy and effort from the partner (PEREIRA *et al.*, 2017).

Thus, parents who show interest in active participation in the BF process still face barriers that prevent the consolidation of their role, showing their invisibility even when they

are present. Since many health professionals do not know or are not used to including their partner during this stage and, consequently, exclude them during explanations and demonstrations (PINTO *et al.*, 2018). In this sense, the health team needs to encourage family involvement in a harmonious and respectful way, in order to strengthen the bonds between the father, mother and baby triad (AZEVEDO *et al.*, 2016).

As a result, cases of paternal postpartum depression (PPD) increase and become a worrying reality, as partners report that after the birth of the baby, they feel useless and isolated from the family. (CRIPPA *et al.*, 2021). Thus, paternal PPD is characterized by biochemical changes in the brain, in the functioning of neurotransmitters (noradrenaline, serotonin and dopamine) and in hormone secretions, which corroborates the modification of the partner's behavior and psycho-emotional axis. (SANTOS *et al.*, 2018).

Paternal PPD is commonly treated as a situation exclusive to women, however parents also go through significant changes after the birth of the newborn that generate symptoms similar to those of maternal PPD, however there are still few studies on the development and specific symptoms of the pathology. in men (CRIPPA *et al.*, 2021). Therefore, the reorganization of the couple's routine, in addition to the father's difficulty in assimilating the new family organization, promotes distancing from the partner, which weakens maternal health and, therefore, that of the baby (CHERER *et al.*, 2016).

The lack of systematization of information in the health system during prenatal care regarding the guidelines applicable to the partner, plays a negative role in the paternal perception of the performance of the health service, intensifying feelings of helplessness and insecurity. (TESTON *et al.*, 2018). Engaging and encouraging fatherhood should

be seen as an objective to be achieved by health professionals and perinatal caregivers, so that parents put effort and commitment into caring for the mother-baby binomial and strengthen breastfeeding. (JOHNSTON, 2018).

Under this bias, there is a recurrence of reports from partners who feel harmed by the lack of information and support from health professionals. From this perspective, the importance of training parents before the birth of the baby is highlighted so that parenthood can be faced with peace of mind and security. This way, with the correct instructions and information, partners will have greater resolving potential in adverse situations, thus promoting trust and protection of maternal and child health. (Baldwin *et al.*, 2021).

The presence of socio-educational projects, media campaigns and the provision of informational lectures are an important strategy to delay and prevent the development of patriarchal ideals and encourage sensitive and humanized fatherhood. (BROWN; DAVIES, 2014). In this sense, scientific studies demonstrate that the relationship between the paternal intention of pregnancy and its age are directly linked to the duration of breastfeeding. From this perspective, parents who have carried out family planning, with emotional responsibility and economic awareness, have a greater capacity to understand the needs of the mother and baby as well as the importance of exclusive breastfeeding. (WALLENBORN *et al.*, 2016).

The current context progressively highlights the importance of the father figure in the lives of children and adolescents. The incidence of troubled relationships in the family environment, added to the paternal inability to support the woman and help her offspring, tend to generate psychological damage during childhood and youth growth. (ALCÂNTARA *et al.*, 2021).

## METHODOLOGY

The present study began with an integrative literature review, a research method that is characterized by the synthesis and critical analysis of knowledge already produced on a given topic. This type of research allows the search, critical evaluation and synthesis of evidence available in different sources of bibliographic or electronic information, coming from different areas of knowledge (Mendes, Silveira & Galvão, 2008).

This way, the steps of the integrative review proposed by Mendes, Silveira and Galvão (2008) were adopted, which constitute a systematic and rigorous process for the critical analysis and synthesis of knowledge already produced on a specific topic. Below, we detail each step:

1. Establishment of the objective and research question;
2. Search for primary studies: previously established inclusion and exclusion criteria were used to ensure the selection of studies of high methodological quality and relevance to the topic in question;
3. Critical evaluation of studies: the third stage involved the critical evaluation of the selected studies, with the aim of determining their methodological validity and relevance for the integrative review. This evaluation considered aspects such as the quality of the research design, the rigorous collection and analysis of data, the clarity of the results and the contribution to knowledge on the topic;
4. Data analysis: data extracted from the selected studies were carefully analyzed and synthesized. This analysis considered the different types of data present in the studies, such as quantitative and qualitative results, and sought to identify convergences and divergences between the findings;
5. Synthesis of knowledge: this synthesis consisted of constructing a draft, later used

to guide the ideas used in this research

The development of the research was based on the following question: What are the main obstacles experienced by parents and/or partners in their participation during the breastfeeding process?

References extracted from virtual libraries will be included in the Virtual Health Library (VHL) database. In the same way, it is possible to carry out research that covers other national and international scientific databases, so this tool was used to select articles present in Lilacs (Latin American and Caribbean Literature in Health Sciences), Medline (International Literature in Health Sciences Health) and BDENF (Nursing Database).

This stage will focus on operationalizing the search strategy in databases, a crucial process for retrieving relevant and high-quality studies. The careful selection of databases is essential to guarantee the scope and reach of the research, considering aspects such as thematic coverage, the quality of the indexed studies and the feasibility of access.

During the first search, the following descriptors were used: paternal perception AND breastfeeding; with the filters father, breastfeeding and father-child relationships. In the second search, we searched for “father AND breastfeeding” and, finally, “father AND breastfeeding” was used with the filters: breastfeeding, father, father-child relationships, fatherhood, paternal behavior, health promotion and knowledge, attitudes and practices in health.

To access the articles that best reflect the research, the descriptors were chosen from the Health Sciences Descriptors (DeCS): “father”, “breastfeeding” and “breastfeeding” in an advanced search strategy with the help of the Boolean operator “AND” to combine the descriptors with each other. In addition, the filters breastfeeding, father, father-child relationships, fatherhood, paternal

behavior, health promotion and knowledge, attitudes and practices in health were used. Furthermore, one of the time frames from 2014 to 2024 will be used to select articles published electronically in full text format, in the following languages: English, Portuguese and Spanish.

## DISCUSSION

Breastfeeding is characterized as a natural act, fundamental for the baby's nutrition and development, which involves an individual and multifaceted experience. Therefore, it presents a complex journey that involves the mother, the baby, the partner and society as a whole. Through BF, mother and baby establish a unique and unbreakable bond, which must be strengthened under parental support, which together contribute to the promotion of maternal and child health.

The process of breastfeeding (BF) must be understood as a changing context that transcends the nutritional scope and, therefore, presents several factors that contribute to its effective adherence. In this sense, the partner's support becomes fundamental, whether through their presence, understanding and/or collaboration to achieve successful and continued breastfeeding. After carrying out an analysis of the studies included in the research, it is possible to perceive the main points for the participation of partners in the breastfeeding process, namely:

- a. Paternal perception of breastfeeding;
- b. Partner support as a facilitator of BF;
- c. pre- and postpartum consultations.

From this perspective, it is feasible to analyze how each one can be used to increase exclusive breastfeeding (EBF) rates. Initially, paternal perception about EBF is essential so that the other steps can be carried out, since, if the partner does not have basic knowledge about the importance of breastfeeding, understanding of the challenges that can

# RESULTS

Article/authors	Newspaper	Goal	Result
<p>Perception and Support Provided by the Father in Maintaining Breastfeeding (MATOS, <i>et al.</i>, 2015)</p>	<p><b>UFPE nursing magazine online</b></p>	<p>To analyze paternal involvement in breastfeeding and their perception of the crucial role of support during this period.</p>	<p>The study involved parents aged between 17 and 49, mostly in the 20 to 40 age range. The majority have completed high school, live in a stable relationship with the baby's mother and live in the same house. The analysis of the interviews revealed that the participants identified the following as forms of support for BF: helping with baby care, household chores and feeding the mother. They recognize the benefits of breastfeeding for mother and baby, such as strengthening the bond, promoting health, adequate development and growth, and preventing diseases in the newborn. Furthermore, parents recognize the importance of paternal support and the father-mother-child bond during the breastfeeding process.</p>
<p>Difficulties in breastfeeding: paternal feelings and perceptions (PINTO, <i>et al.</i>, 2018)</p>	<p><b>Journal of Nursing and Health</b></p>	<p>Unveil paternal perceptions regarding the challenges of breastfeeding.</p>	<p>The present study, with the participation of 12 fathers between 20 and 38 years old, highlighted the influence of socioeconomic factors on paternal experiences and decisions in relation to the upbringing and education of their children. Parents' positive perceptions regarding BF were identified, recognizing its benefits for mother and baby, strengthening the bond and the desire to contribute to family well-being by supporting the practice. On the other hand, the lack of knowledge about the challenges of MA, the feeling of lack of a defined role during the process and insecurity regarding one's own support capacity were reported as negative factors.</p>
<p>Paternal knowledge and attitudes about the importance of breastfeeding (BRÁULIO, <i>et al.</i>, 2021).</p>	<p><b>Anna Nery School</b></p>	<p>Map paternal knowledge and attitudes regarding breastfeeding.</p>	<p>The study revealed significant gaps in paternal knowledge and participation in breastfeeding. Approximately 36.4% of partners did not demonstrate knowledge about the benefits of breastfeeding, while 48.6% did not accompany pregnant women to prenatal consultations, a crucial opportunity to receive professional guidance and support. Among fathers who had a paid job, 68.2% reported helping the woman-mother with breastfeeding, mainly through domestic tasks or caring for other children.</p>
<p>The role of the man-father in breastfeeding: challenges for nursing in rooming-in (ALCÂNTARA, <i>et al.</i>, 2021).</p>	<p><b>Online Research Journal</b> (" <i>Universidade Federal do Estado do Rio de Janeiro</i> ")</p>	<p>Investigate the role of the father in BF in rooming-in and the efforts of the nursing team to carry out this action with the couple.</p>	<p>The father's involvement in breastfeeding develops gradually, with physical presence standing out as the fundamental pillar of support. This participation expands to help in caring for the mother and baby, recognizing the benefits of breastfeeding, creating a conducive environment, offering emotional support and understanding the partner's feelings. The father's active participation in prenatal and postpartum consultations is crucial for him to understand the breastfeeding process and feel prepared to offer support to the mother. Through this joint journey, the father becomes a fundamental agent in the success of breastfeeding, promoting the well-being of the mother, the baby and the entire family.</p>
<p>Father's participation in exclusive breastfeeding (CECAGNO, <i>et al.</i>, 2020).</p>	<p><b>UFPE Nursing Magazine</b></p>	<p>Uncovering the links between paternal participation and exclusive breastfeeding</p>	<p>It was evident that the father's support positively influenced the achievement of exclusive breastfeeding, as many felt supported and safe with the father's presence. It was also possible to identify weaknesses in terms of encouraging fathers to participate in breastfeeding, such as misinformation and lack of knowledge about the babies' needs, the insecurity of making mistakes, doubts about the ability to help the mother and baby, lack of dialogue between family members and difficulties in expressing their feelings and doubts.</p>
<p>From dyad I'm triad: a survey on parents' knowledge and attitudes toward breastfeeding (CRIPPA, <i>et al.</i>, 2021).</p>	<p><b>European Journal of Pediatrics</b></p>	<p>Explore paternal knowledge and attitude towards breastfeeding and the possible association with increased rates of BF.</p>	<p>A high level of knowledge was observed about the benefits of breastfeeding and recommended practices. However, only 51% knew about the inadvisable recommendation to use a pacifier. Fathers felt involved in the breastfeeding process (79%), helping with the needs of the home, mother and baby, and paternal knowledge and support were associated with the continuation of exclusive breastfeeding.</p>

<p>"When a Father feels Excluded": A Qualitative Study Exploring the Role of Fathers in the Women, Infants, and Children (WIC) Supplemental Nutrition Program (DYCHTWARD, <i>et al.</i>, 2021).</p>	<p><b>International Journal of Qualitative Studies in Health and Well-being</b></p>	<p>Uncover men's experiences, expectations and attitudes towards the Special Supplemental Nutrition Program for Women, Infants and Children (WIC).</p>	<p>Among eight participating couples, only two parents fully participated in the program. The main barriers identified for men's participation were fear of coercion, masculinity and the unrecognized role of fathers in child health and nutrition, showing that the difficulties for men's inclusion in WIC were internal and external to the program, directly aligned with the structure of the socio-ecological model.</p>
<p>Translating parents' support for breastfeeding into practice (BALDWIN, <i>et al.</i>, 2021).</p>	<p><b>Primary HealthCare Research &amp; Development</b></p>	<p>Highlight the relevance of paternal involvement in BF and provide information and support strategies for BF to health professionals.</p>	<p>The role of parents/partners in breastfeeding is crucial to a woman's success, reducing her anxiety and stress and increasing her self-esteem and self-confidence. Therefore, health professionals must offer adequate information and support to these individuals during pre- and postpartum consultations, including them in discussions about breastfeeding, increasing their knowledge, confidence and expectations regarding BF. Although simply providing information about breastfeeding may not be enough to change attitudes or behaviors, it can be a starting point for increasing parental and partner involvement and participation in breastfeeding.</p>
<p>The Effect of a Father's Support on Breastfeeding: A Systematic Review. (KOKSAL, <i>et al.</i>, 2022).</p>	<p><b>Breastfeeding Medicine</b></p>	<p>Investigate the impact of breastfeeding education and/or psychosocial interventions with paternal participation on breastfeeding practice.</p>	<p>The searches resulted in 462 publications on the topic of paternal support for breastfeeding. After rigorous analysis based on predefined inclusion criteria, seven studies were considered eligible for detailed review. Notably, six of these seven studies presented convergent results, demonstrating that paternal support in breastfeeding practices, baby care and domestic tasks, as well as respect for women's decisions and confidence in their attitudes, has a positive and significant effect on the rate of breastfeeding.</p>
<p>Duration of Breastfeeding and Supportive Paternal Caregiving in Early Childhood and the Potential Mediating Function of Maternal Caregiving. (FELDMAN, <i>et al.</i>, 2023).</p>	<p><b>Journal of Developmental &amp; Behavioral Pediatrics</b></p>	<p>To examine the indirect relationship between breastfeeding duration and paternal support mediated by maternal support.</p>	<p>Paternal support in AM goes beyond the simple physical presence of the father. It is a multidimensional concept that encompasses several attitudes and behaviors that contribute to the success of breastfeeding and the well-being of mother and baby, such as emotional, practical and logistical assistance, communication between partners and education for greater understanding about breastfeeding, breastfeeding. Controlling for sociodemographic and birth factors, it was noticeable that a longer duration of breastfeeding was indirectly associated with higher levels of paternal support.</p>
<p>Food and exclusive breastfeeding of the newborn: social representation of the father. (FAZIO <i>et al.</i>, 2018)</p>	<p><b>UERN nursing magazine</b></p>	<p>Identify the structure and contents of the father's social representation regarding food and exclusive breastfeeding and analyze the structural relationships between these representations.</p>	<p>The analysis of parents' social representations regarding food and exclusive breastfeeding revealed the influence of deeply rooted cultural meanings in the construction of their thoughts and beliefs. However, it is noteworthy that, in addition to recognizing the nutritional importance of breastfeeding, parents also value the emotional sphere of this practice, recognizing its fundamental role in the health and development of their children.</p>



Measuring paternal breastfeeding self-efficacy: A psychometric evaluation of the Breastfeeding Self-Efficacy Scale-Short Form among fathers. (DENNIS <i>et al.</i> , 2018).	<b>Midwifery</b>	Evaluate the properties psychometric measurements of the BSES-SF (Breastfeeding Self-Efficacy Scale-Short Form) among parents.	The study evaluates paternal self-efficacy in breastfeeding support, that is, it evaluates the effectiveness of the tool to measure fathers' confidence in helping breastfeeding mothers. Although paternal in-hospital BSES-SF scores did not predict breastfeeding at 6 and 12 weeks, 6-week BSES-SF scores predicted exclusivity at 12 weeks. This study provides initial evidence that the modified BSES-SF is a valid and reliable measure of breastfeeding self-efficacy among parents, especially when used after hospital discharge.
Incorporating "Father-Friendly" Breastfeeding Language in Maternity Settings. (JOHNSTON, 2018).	<b>Journal Perinatal Neonatal Nursing</b>	Provide perinatal professionals with the tools necessary to incorporate parents into the BF relationship.	Research shows that engaged fathers increase initiation rates and decrease the rate of breastfeeding complications, which lead to premature cessation and increase the duration and exclusivity of a mother's breastfeeding efforts.
Breastfeeding: father's perception of his role. (TESTON <i>et al.</i> , 2018).	<b>Nursing magazine Midwest Mineiro</b>	Understand how the father perceives his role in relation to BF.	All 14 parents recognize the importance of breastfeeding for the child's health and the difficulties that exist in this process. It was also observed that parents perceive their role as support and encouragement when carrying out different tasks that facilitate the breastfeeding process.
Father's participation in the breastfeeding process. (LIMA <i>et al.</i> , 2017.)	<b>Cognitive Nursing (Online)</b>	Identify the father's participation in the breastfeeding process in a state maternity hospital in the central-western region of Brazil.	There was a predominance of parents aged between 25 and 31 years old, 20 (35.71%), married, 22 (39.29%) and with complete secondary education, 18 (32.14%). All pregnant women received prenatal care and 36 (64.29%) fathers accompanied them. 23 (41.07%) parents received guidance on breastfeeding and among the professionals who provided information, nurses predominated 17 (30.36%). The main way that partners reported participating in the breastfeeding process is through their presence, to offer support and affection, at the same time that they report feelings of vulnerability in terms of technical access to general knowledge. Therefore, it is understood that the process of paternal inclusion must be, above all, encouraged by health professionals, to support and strengthen the family bond.
Paternal Pregnancy Intention and Breastfeeding Duration: Findings from the National Survey of Family Growth. (WALLENBORN <i>et al.</i> , 2017).	<b>Maternity Child Health Journal</b>	To examine the relationship between parents' pregnancy intention and duration of breastfeeding.	The duration and effectiveness of breastfeeding is associated with the paternal intention of pregnancy. Thus, it is understood that in a scenario of unwanted pregnancy, the partner, in the vast majority, distances himself from the paternity process and his role as promoter of maternal and child health.
Breastfeeding and weaning in the process of becoming a father. (CHERER <i>et al.</i> , 2016)	<b>Clinical styles</b>	Investigate paternal subjective aspects regarding breastfeeding and weaning.	The parents' reports revealed the feeling of rivalry with their daughter over his wife's desire. At the same time, there was a rivalry between the father and his wife over the baby, aspects associated with the paternal history. Reports suggest that, in the process of becoming a father, breastfeeding and weaning also gain prominence, as breastfeeding may be associated with the mother-baby bodily relationship and the difficulties experienced by the man as a third party.

<p>Paternal participation during breastfeeding: importance and contribution. (RESENDE <i>et al.</i>, 2014)</p>	<p><b>Biosci. J. (Online).</b></p>	<p>Present feelings reported by parents and their contribution to the breastfeeding process.</p>	<p>The way in which fatherhood develops is related to the degree of structure of your relationship. Thus, couples who value dialogue, respect and support are more likely to become present and involved in the breastfeeding process. Regarding knowledge and information about breastfeeding, television was mentioned as the main source of information. Child care and domestic tasks were highlighted as essential contributions made by the father during this period. The main complaints revolve around feelings of vulnerability due to the lack of specialized knowledge as well as feelings of exclusion and isolation since the postpartum stage.</p>
<p>Fathers' experiences of supporting breastfeeding: challenges for breastfeeding promotion and education. (BROWN, <i>et al.</i>, 2014).</p>	<p><b>Maternal and Child Nutrition</b></p>	<p>Understand the factors that promote and encourage parental participation in breastfeeding.</p>	<p>In general, the results showed that fathers encouraged breastfeeding and wanted to be able to support their partners. However, they often felt excluded from breastfeeding interactions and unable to offer support at this crucial time. Many reported being left out of prenatal breastfeeding education sessions or not considered important for postnatal support. Men expressed a desire to receive more information about breastfeeding targeted at them, along with suggestions on how they could effectively support their partners in practice.</p>
<p>Parental knowledge about the breastfeeding process among mothers in a public maternity hospital in Belo Horizonte, MG. (SILVEIRA, <i>et al.</i>, 2018).</p>	<p><b>Rev. med. Minas Gerais.</b></p>	<p>Analyze the levels of knowledge and participation of parents regarding the breastfeeding process.</p>	<p>The majority of parents (92.02%) reported not having received any information about breastfeeding from health professionals. Only 4.27% of parents were able to inform the breastfeeding period recommended by the World Health Organization and the Brazilian Ministry of Health. The father, although aware of the importance of breastfeeding, often fails to discuss this subject with the mother. A well-informed and involved father in breastfeeding practice can play a crucial role in reducing early weaning by offering active support.</p>
<p>Knowledge of man about breastfeeding. (AZEVEDO, <i>et al.</i>, 2016).</p>	<p><b>Acta sci., Health sci.</b></p>	<p>Identify the father's knowledge about breastfeeding.</p>	<p>The interviewees were able to encourage their wives to exclusively breastfeed, thanks to their knowledge on the subject and recognition of the benefits of breastfeeding. Parents also expressed interest in acquiring new knowledge. However, a gap was observed in the integration of parents in prenatal guidance and visits. Thus, this study highlights the need to alert nurses who work in prenatal care about the importance of encouraging parental participation in guidance, aiming to promote, among other things, breastfeeding and prevent early weaning.</p>
<p>Paternal postpartum depression has physiological and psychological aspects. (SANTOS, <i>et al.</i>, 2021).</p>	<p><b>Camilliani Notebooks</b></p>	<p>Promote increased research on Paternal Postpartum Depression with the aim of addressing conceptual aspects, causes, psychological, emotional, physiological and prevention effects.</p>	<p>The lack of knowledge regarding the topic is recognized, which is reflected in the scarcity of studies and information on it. The growth in the number of cases and difficulty for the population to seek help, combined with the lack of scientific knowledge about the disorder, corroborate the persistence of this scenario. Promoting research on paternal postpartum depression qualifies the means of preventing and promoting the health of partners, while understanding their weaknesses and seeking to integrate them into the breastfeeding process in a light and calm way.</p>

be faced by women, they will consequently present, greater difficulty in contributing to EBF and the well-being of the mother-baby binomial.

In view of this, when the partner already has prior knowledge about breastfeeding, he has greater support for his partner, and is thus able to integrate into the breastfeeding process in a safe and light way. In this sense, the partner has a greater understanding of the insecurities experienced by the mother, and helps her with her domestic tasks, in addition to participating in the care of the baby, such as bathing and changing diapers, which contributes to the strengthening of the family bond.

Besides, it is essential that health professionals, especially nurses, who are involved in the entire pregnancy-puerperal process, include partners during consultations. This way, partners have the opportunity to report their doubts, receive guidance to help mothers, and demystify myths and erroneous beliefs, in order to become active even during pregnancy, solidifying the mother-father-baby bond.

However, in addition to parents having commitments that make it impossible for them to participate in all consultations,

there are also professionals who are unable to conduct care in a receptive and accessible manner to integrate partners in a humanized way. Therefore, it is essential that nurses and other health professionals seek a safe way to welcome their companions in order to facilitate and strengthen their access to consultations, making the health service a support and support network. promotion of BF and paternal participation during this process.

## CONCLUSION

In view of the above, the importance of the presence and participation of partners during the pregnancy-puerperal cycle is understood. Therefore, encouraging paternity plays an important role in promoting maternal and child health. In this sense, promoting the visibility of this topic contributes to strengthening the breastfeeding process and encouraging the involvement of partners in this stage. Understanding insecurities and challenges from the perspective of parents helps health professionals seek strategies to include partners in order to protect and unify the mother-father-baby triad.

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