

The benefits of male prenatal for the consolidation of the mother-father-son trinomial: an integrative review

Os benefícios do pré-natal masculino para a consolidação do trinômio mãe-pai-filho: uma revisão integrativa

Los beneficios del prenatal masculino para la consolidación del trinomio madre-padre-hijo: una revisión integrativa

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RESUMO

Objetivo: Evidenciar, por meio de revisão de literatura, a importância do envolvimento paterno no decorrer do ciclo gravídico-puerperal, no favorecimento do trinômio mãe-pai-filho. **Método:** Trata-se de revisão integrativa da literatura, realizada em outubro de 2020, nas bases de dados Biblioteca Virtual em Saúde, Portal de Periódicos Capes e o Scielo, com recorte temporal de 20 anos em que 24 artigos foram analisados. **Resultados:** Observou-se predomínio de estudos com abordagem qualitativa (n=24) 100%, em periódicos nacionais (n=23) 95,83%, seu nível de evidência muito baixo, segundo método Grade (n=24) 100%, se concentraram em periódicos da área de enfermagem (n=16) 66,66% e na base de dados BVS (n=21) 87,50%. **Conclusão:** A inclusão durante as consultas de pré-natal, além de promover da saúde, previne e facilita diagnósticos de enfermidades e fortalecimento de vínculos que, por sua vez, possibilitam um melhor desenvolvimento fetal e um acompanhamento de saúde do casal durante todo o ciclo gravídico-puerperal, a partir da inserção precoce dos pais no trinômio mãe-pai-filho.

Descritores: Relações Pai-Filho; Pré-natal; Parto humanizado.

ABSTRACT

Objective: to highlight, through a literature review, the importance of paternal involvement during the pregnancy-puerperal cycle, in favor of the mother-father-son trinomial. **Method:** This is an integrative literature review conducted in October 2020 in the databases Virtual Library in Health, Portal de Periódicos Capes and Scielo with a 20-year time frame in which 24 articles were analyzed. **Results:** There was a predominance of studies with a qualitative approach (n = 24) 100%, in national journals (n = 23) 95.83%, their level of evidence very low according to the Grade method (n = 24) 100%, if concentrated in nursing journals (n = 16) 66.66% and in the VHL database (n = 21) 87.50%. **Conclusion:** inclusion during prenatal consultations, in addition to promoting health, prevents and facilitates diagnoses of illnesses and strengthens bonds, which, in turn, enable better fetal development and health monitoring of the couple throughout the pregnancy cycle -puerperal, from the early insertion of parents in the mother-father-son trinomial.

Descriptors: Parent-Child Relations; Prenatal; Humanizing delivery.

RESUMEN

Objetivo: Resaltar, a través de una revisión de la literatura, la importancia del involucramiento paterno durante el ciclo embarazo-puerperal, en favor del trinomio Madre-Padre-Hijo. **Método:** Se trata de una revisión integradora de la literatura, realizada en octubre de 2020, en las bases de datos Biblioteca Virtual en Salud, Portal de Periódicos Capes y Scielo, con un plazo de 20 años en el que se analizaron 24 artículos. **Resultados:** Predominó los estudios con enfoque cualitativo (n = 24) 100%, en revistas nacionales (n = 23) 95,83%, su nivel de evidencia muy bajo, según el método Grade (n = 24) 100%, si concentrado en revistas de enfermería (n = 16) 66,66% y en la base de datos BVS (n = 21) 87,50%. **Conclusión:** La inclusión durante las consultas prenatales, además de promover la salud, previene y facilita el diagnóstico de enfermedades y fortalece lazos que, a su vez, permiten un mejor desarrollo fetal y seguimiento de la salud de la pareja durante todo el ciclo del embarazo -puerperal, desde la inserción temprana de los padres en el trinomio madre-padre-hijo.

Descritores: Relaciones entre padres e hijos; Prenatal; Nacimiento humanizado.

Introduction

Body autonomy is instituted as a human right, from which the person has freedom over his body, and that means that the decision to have children or not is the private sphere of a woman or a couple. However, when the woman is pregnant, her autonomy is relativized, due to the existence of another being, the unborn child, who also has her rights guaranteed by the constitution.¹

Thus, it is essential to provide quality care to these pregnant women, which is expressed in prenatal care, through effective and timely actions to avoid unexpected problems, guaranteeing a healthy birth and birth, in addition to ensuring maternal, paternal, fetal and newborn.¹ The main objective of prenatal care is to welcome them since the beginning of pregnancy - which is characterized by a period of physical and emotional change that each pregnant woman experiences in a unique way and these transformations can generate doubts, fears, anguish or a curiosity to know what will happen inside your body.²

In this context, prenatal care is carried out through consultations that will be carried out by both doctors and nurses, whose pregnant women are referred after generating the opening number of the Pregnant Monitoring System (SISPRENATAL) to perform immunizations, exams and ultrasounds. The ideal is to start in the first three months of pregnancy and with recommendations for at least six prenatal consultations throughout the pregnancy.³

During prenatal care, the conscious and active involvement of the father/partner becomes a predictive factor for the rupture of conceptions covered historically that, paternity only seems to exist when the child is born or when he is older. Thus, pregnancy is also a man's issue and stimulating the participation of the father/partner throughout this process can be fundamental for the biopsychosocial well-being of the mother, the baby and himself, with prenatal care being the opportune and propitious moment for this.⁴

In the beginning, childbirth was seen as an essentially female event, which favored an exclusion of the father/partner. With the struggle to implement more humanized practices and natural childbirth experiences, it was realized that male/father participation could be positive, during the gestation period, in which the presence of a partner is a predictor that favors the strengthening of family bonds, providing the father with recognition of his role before the pregnant woman, in addition to providing feelings of importance and fulfillment.⁵⁻⁶

Thus, baby care begins when the pregnancy is confirmed. From there, the woman and her partner will have access to prenatal consultations, from which they will receive necessary guidance for monitoring the pregnancy. In 2005, Federal Law No. 11,108 was instituted, which guarantees the right of a companion of free choice for women during the pregnancy-puerperal period, with this, the Companion Law can positively contribute to the insertion of men in pre- and consolidate, according to the Ministry of Health (MS), the crucial paradigm shift - from the mother-child binomial to the mother-father-child trinomial.⁴

In continuity, in 2018, the Ministry of Health institutionalized the Partner's Prenatal Guide for Health Professionals, aiming to address and contextualize the importance of conscious and active involvement of adolescent men, young adults and the elderly in all actions aimed at reproductive planning and , at the same

time, contribute to the expansion and improvement of access and reception of this population to health services, with a focus on Primary Care. And it brought the prenatal care of the partner who proposes to be one of the main doors of entry to the services offered by Primary Health Care to the male population, highlighting actions oriented to prevention, promotion, self-care and the adoption of healthier lifestyles. It should be emphasized that these attitudes will not only be positive for children and women, but especially for men, as they bring them closer to the arena of affection and care.^{4,7}

Similar to the norms, a third stage of a national survey related to Men's Health, Paternity and Care, carried out by the Ministry of Health, with 26,965 participants, it was clarified that 72.25% of the interviewed parents or caregivers participated in the pre- with their partners in the country. Of this total, it was also found that 80.71% (21,763) stated that this involvement motivated them to take better care of their health. And these data also demonstrate that paternity is the main way for men to access the health unit so that they also take care of themselves.⁴

Thus, the discussion in this area has been certified about the benefits of paternal stay during the conception process. In addition, the paternal presence during labor, accompanying the whole process and constantly supporting the parturient woman, has positive consequences in unleashing the baby's birth, providing significant improvements in the construction of the paternal bond, stimulating the woman at the time of parturition and decrease of neonatal complications.⁵

Therefore, their presence should be emphasized during care practices to prepare the couple for the time of delivery, strengthening the perception that pregnancy, delivery / birth and the puerperium are events loaded with deep feelings, moments of constructive crises and with strong positive potential for stimulation and formation of important bonds, which can cause positive personal transformations, encouraging changes with the partner that will improve during this pregnancy.^{8,3}

We highlight that for first-time parents, so many revelations can show themselves as factors that can lead them to have feelings of stress, pressure, causing difficulties in coping with such situations, but it is of fundamental importance that they prepare themselves to live this process with peace of mind, and remember that everything will be worth it for your successor.⁵

Thus, the objective of the study is to highlight, through a literature review, the importance of paternal involvement during the pregnancy-puerperal cycle, in favoring the mother-father-son trinomial. This work will highlight the paternal inclusion during the pregnancy-puerperal cycle, contextualizing the importance of monitoring the father during this cycle and highlighting the entrance of the male population to health services through prenatal care.

Method

This is an integrative review of the scientific literature. The integrative review is a study based on the analysis of relevant research from secondary sources through a bibliographic survey that gathers knowledge about the phenomenon to be investigated. It constitutes a research technique with

methodological rigor, judicious and conscientious, which increases the credibility and depth of conclusions that can contribute to reflection on the conduct of future studies, thus also contributing to decision-making that seeks to improve recent evidence.⁹

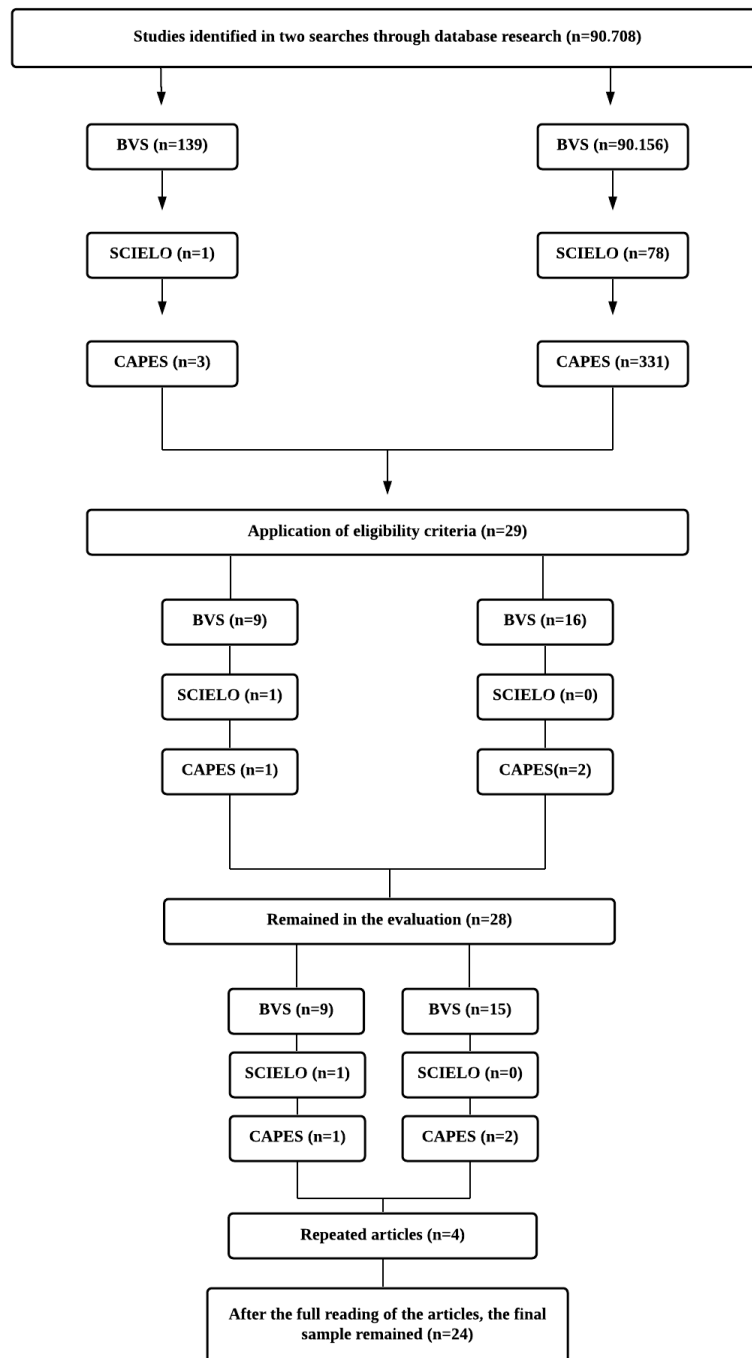
In this study, it was decided to search in databases with wide scientific dissemination in the national environment, using the Virtual Health Library (VHL), the Capes Journal Portal and Scielo (Scientific Electronic Library Online). In the digital search for scientific articles indexed in the aforementioned databases, the following Health Science Descriptors (DeCS) were used: "Father-Child Relations", and "Prenatal", in addition to the uncontrolled male prenatal descriptor, combined by the Boolean operator "AND" as shown in the table below.

Chart 1 - Database search strategy. Brazil, 2020.

Data base	Search strategy	Results	Filtered	Selected	Repetition
BVS	relações pai-filho AND pré-natal AND (fulltext:"1") AND la:("pt"))	139	9	9	3
	pré-natal masculino AND (fulltext:"1") AND la:("pt"))	90156	16	15	0
Scielo	Relações Pai-Filho and pré-natal	1	1	1	1
	Pré-natal masculino	78	0	0	0
Portal of journals CAPES -	Relações Pai-Filho and pré-natal	3	1	1	0
	Pré-natal masculino	331	2	2	0
Total		90.708	29	24	4

Data collection was carried out in October 2020. The language (texts published in Portuguese), publication period (between 2000 and 2020) and its full availability (available online) were used as filters within the databases. literature), dissertations, theses and editorials were excluded. After selecting titles and abstracts, studies that answered and met the research objective continued to be read in full. When comparing the results found in the searches between the databases, there was a repetition between the VHL databases with three articles and one article between VHL and SCIELO, and four articles were then excluded. This process is explained in the flowchart below.

Figure 1- Flowchart referring to searches in the databases. Brazil, 2020.



After reading the articles thoroughly, twenty-four made up the final research sample included in this review. From these studies, information was extracted for the composition of the synoptic table, such as authors, title, year of publication, basis, periodical of publication, level of evidence according to the Grade10 method, method, and the involvement of the father / partner in the pregnancy-puerperal cycle.

The studies were further categorized and presented by central themes: The benefits of the companion's rights in relation to the mother-father-son trinomial; Male prenatal care a predictive factor for the admission of men to the health service; Father's participation during the puerperal pregnancy cycle; Father's involvement in breastfeeding.

Results

Table 2 shows a predominance of studies with a qualitative approach (n = 24) 100%, in national journals (n = 23) 95.83%, their level of evidence very low according to the Grade method (n = 24) 100%, concentrated in nursing journals (n = 16) 66.66% and in the VHL database (n = 21) 87.50%.

Chart 2- Synoptic chart of the final sample according to authors, title, year of publication, database, publication period, level of evidence according to the Grade method, method and the involvement of the father / partner in the puerperal pregnancy cycle (n = 24) . Brazil, 2020.

Authors	Title	Year*	Data base	Journal	Evidence Level	Method	Parent / Partner Involvement in the Puerperal Pregnancy Cycle
Carvalho MLM	Parental participation at birth in public maternity hospitals: institutional difficulties and motivations of couples	2003	BVS	Cadernos de Saúde Pública	Very Low	Qualitative of ethnographic type	Involvement of the father / partner in the care of children, their participation in the birth and formation of the father-baby bond.
Brito RS, Enders BC, Soares VG	Maternal lactation: the father's contribution	2005	BVS	Revista Baiana de Enfermagem	Very Low	Descriptive qualitative	Involvement of the father / partner in the contribution of breastfeeding.
Piazzalunga CRC, Lamounier JA	The current context of the father in breastfeeding: a qualitative approach	2011	BVS	Revista Médica de Minas Gerais	Very Low	Qualitative dialectical method type	Contribution and involvement of the father / partner during breastfeeding.
Francisco BS, et al	Parents' perceptions of their experiences as companions during childbirth and birth	2015	BVS	Revista Mineira de Enfermagem	Very Low	Descriptive qualitative	Involvement of the father / partner about their experience during the child's birth process.
Melo RM, Angelo BHB, Pontes CM, Brito RS	Men's knowledge of labor and birth	2015	BVS	Escola Anna Nery Revista de Enfermagem	Very Low	Descriptive qualitative	Analyze the father / partner's perception of their presence in the delivery room, in order to favor a smooth delivery for both.
Rêgo RMV, Souza AMA, Rocha TNA, Alves MDS	Paternity and breastfeeding: nurse mediation	2016	BVS	Acta Paulista de Enfermagem	Very Low	Qualitative research-action type	Involvement of the father / partner in contributing to the success of breastfeeding and in providing care to the newborn.

Gabriel MR, Poli RG, Dall'Agnol LF, Tudge J, Piccinini CA	Paternal involvement at 24 months of life	2017	Periódicos CAPES	Psicologia: Teoria e Pesquisa	Very Low	Descriptive qualitative	Parent / partner involvement in caring for children, their participation in the child's life and forming the parent-child bond.
Lima JP, Cazola LHO, Picoli RP	The father's participation in the breastfeeding process	2017	BVS	Cogitare Enfermagem	Very Low	Descriptive qualitative	Parent / partner involvement in the breastfeeding process.
Henz GS, Medeiros CRG, Salvadori M	Paternal inclusion during prenatal care	2017	BVS	Revista de Enfermagem e Atenção à Saúde	Very Low	Descriptive qualitative	Parent / partner participation during the prenatal period and baby care since the gestational period.
Silva RDM, et al.	Insertion of the father in municipal maternity hospitals in Recife: opinion of technicians and nursing assistants	2017	BVS	Revista de Enfermagem em foco	Very Low	Descriptive quantitative	Involvement of the father / partner as a companion in the parturition process.
Santos JA, Santos DFC, Rennò GM, Bitencourt AC, Alves GE	The companion's perception of his acceptance during delivery	2018	BVS	Revista de Enfermagem UFPE	Very Low	Descriptive qualitative	Companion's perception regarding their reception during work childbirth and childbirth.
Cardoso VEPS, et al	The partner's participation in the prenatal routine from the perspective of the pregnant woman	2018	BVS	Cuidado é Fundamental Online	Very Low	Descriptive qualitative	Parent / partner involvement in participating in the prenatal routine.
Braide ASG, et al	Yes, I am a man and a father! (Re) building male identity from participation in childbirth	2018	Periódicos CAPES	A Revista Pan-Americana de Saúde Pública	Very Low	Qualitative of the ethnographic type	Understand how the experiences of man's active participation in prenatal care and childbirth influence the re-signification of male identities.
Quitete JB, Monteiro JAMB	The participation of the father in the planned home birth: a significant act for the woman	2018	BVS	Revista de enfermagem da UERJ	Very Low	Descriptive qualitative	Parent / partner involvement in participation during labor, favoring the development of labor and reducing obstetric interventions.
Cavalcant MAA, Tsunechiro MA	Paternal behavior in prenatal consultations	2018	BVS	Revista Paulista de Enfermagem	Very Low	Descriptive qualitative	Parent / partner involvement in prenatal consultation.
Ribeiro JF, et al.	The father's perception of his	2018	BVS	Revista de enfermagem UFPE	Very Low	Descriptive qualitative	Parent / partner involvement in the parturition process.

	presence during the parturition process						
Holanda SM, Castro RCMB, Aquino PS, Pinheiro AKB, Lopes LG, Martins ES.	Influence of partner's participation in prenatal care: satisfaction of primiparous women regarding support during childbirth	2018	SCIELO	Texto e Contexto Enfermagem	Very Low	Correlational quantitative	Parent / partner involvement in support during pregnancy, prenatal care and labor.
Anjos AM, Gouveia HG	Companion presence during the parturition and birth process: analysis of the practice	2019	BVS	Revista de Enfermagem da UERJ	Very Low	Transversal quantitative	Companion's involvement in the parturition process.
Medeiros RMS, et al.	Male prenatal care: challenges in nursing practice in primary health care	2019	Periódicos CAPES	Revista de Divulgação Científica Senna Aires	Very Low	Descriptive qualitative	Implementation of male prenatal care (Men's health).
Climaco LCC, Vilela ABA, Boery EN, Yarid SD	Male prenatal care: an experience report in the context of health education	2020	BVS	Revista de Enfermagem em foco	Very Low	Descriptive qualitative	Involvement of the father / partner in prenatal care from the perspective of health education to promote health and self-care.
Mello MG, Parauta TC, Saldanha BL, Lemos A	Young father's participation in prenatal care: the view of the health professional	2020	BVS	Revista de Pesquisa: Cuidado é Fundamental	Very Low	Qualitative documentary type	Adolescent parenthood; identify actions directed to the young father in prenatal care.
Souza MAR, Wall ML, Tuler ACM, Souza SRRK	Prenatal care with facilitator in the companion's participation in the labor and delivery process	2020	BVS	Revista de Pesquisa: Cuidado é Fundamental	Very Low	Descriptive qualitative	Companion's involvement during prenatal care.
Couto PLS, Gomes AMT, Vilela ABA, Pereira SSC, França LCM, Nogueira VPF	The presence of the parent in prenatal care: a study of social representations with pregnant women	2020	BVS	Revista de Enfermagem da UERJ	Very Low	Descriptive qualitative	Parent / partner involvement during prenatal care, analyzing their presence during this process.
Almeida DCS, Donaduzzi DS da S, Fettermann FA, Cortes LF, Sehnem GD.	Potentialities and weaknesses related to the participation of the father / partner in prenatal care in the perception of nurses	2020	Periódicos CAPES	Research, Society and Development	Very Low	Qualitative of the descriptive and exploratory type.	Parent / partner involvement during prenatal care, nurses' perception of Primary Health Care.

Discussion

The benefits of the companion's rights in relation to the mother-father-child trinomial

With the amendment of Law No. 8,080 of September 19, 1990, parturient companion presence was guaranteed (anyone of their choice) within the scope of the Unified Health System (SUS) in public hospitals, and insured (by Ordinance no. 2418 / GM in accordance with Law No. 11,108 of April 7, 2005 of the Ministry of Health), during the parturition, childbirth and immediate postpartum process, thus favoring the relationship between mother, child and companion, encouraging the structuring and family formation, which contributes positively to the inclusion of men in prenatal consultations, and thus consolidate the crucial change in the paradigm of the mother-child binomial to the mother-father-child trinomial.¹¹⁻¹⁴

The presence of a companion chosen by the parturient during the delivery process contributes significantly to the provision of support, revealing her importance and contribution to facilitate and make the moment more pleasant and healthy for the woman, providing physical well-being and offering comfort and encouragement, which she really needs, which will allow the reduction of feelings of loneliness, anxiety, and therefore, the stress levels that can be caused by vulnerability, providing a good evolution of the clinical periods of childbirth. Thus, the child's father at that opportune moment will be able to create greater bonds and bonds with the newborn, since he will accompany the entire parturition process, and may even engage in a more positive way in the care of the newborn.^{13,15-17}

Therefore, as this review can see, the presence of the father / companion during childbirth is the subject of several studies, as it is a non-invasive technology for several positive outcomes. According to the study by Anjos and Gouveia (2019)¹⁶ at the Obstetric Inpatient Unit in a university hospital in southern Brazil with 586 puerperal women, women who had a companion reported having had a more satisfactory experience, in addition to a lower rate of analgesia use and a tendency towards short and spontaneous vaginal delivery.¹⁶

However, even in the face of the efforts of Organs federated bodies to make it possible to guarantee such rights to the parturient, the partner and the family, many times, the man or person chosen by her, is prevented from remaining at her side according to the collection of information. information from a study developed at a University Hospital in the municipality of Santa Cruz, located in Rio Grande do Norte with 12 men. This is due to the fact that some hospital institutions still adopt the health model centered on medicine and not on user needs.¹⁸

Still in the meantime, with regard to the reasons for the non-participation of partners in labor and postpartum, studies highlighted as difficult factors: impediments to the presence of parents and difficulty to leave work to monitor the child's birth. On the other hand, in a research carried out in two units of the Family Health Strategy in a municipality in the interior of Mato Grosso with 11 pregnant women, another factor that called attention was the fact that some women prefer to be unaccompanied during the visits, observing that they

consider that prenatal care is a space destined exclusively to women, and thus, they take for themselves only the pregnancy process.¹⁹⁻²¹

In addition, an investigation carried out in a public maternity hospital in Rio de Janeiro, with 11 parents, found that the majority showed fear and unpreparedness to deal with the situation. But even so, the parents expressed an adaptation to the partner's labor, giving solidarity and the desire to help the woman, determining the learning and emotional support to the pregnant woman.¹⁹

Therefore, it is necessary to invest in the implementation of good practices, based on scientific evidence, in services that assist in the entire puerperal pregnancy process, which will result in professional training with humanistic views, in improving the reception, information transferred, infrastructure adequate to meet the demand of maternity wards and evaluation of care models, providing conducts that emphasize the role of women and aiming at continuous support not only for her during childbirth and birth but for the mother-father-son trinomial.^{12,15,18}

Male prenatal care: a predictive factor for the admission of men to the health service

Male health has been debated in the scientific community due to the great spread of epidemiological data and the creation of public policies aimed at this population. In this scenario, male prenatal care is a strategy that aims at valuing male models through welcoming, skillful listening skills and the possibility of insertion of men in health services.²³

Thus, when considering the various diseases that affect the male population and that do not frequent health services, the Ministry of Health, through Ordinance GM / MS No. 1944, created the National Policy for Integral Attention to Men's Health (PNAISH), which aims to promote health actions that contribute positively to the understanding of the reality of the male universe.²³

From this perspective, the proposal of the male prenatal strategy appears as part of the PNAISH and addresses that the male prenatal should see pregnancy as a phenomenon that goes beyond conception, therefore, it requires actions that involve men from the very beginning. family planning and contraception until the postpartum period, in which male participation in prenatal care expands health care, both for women and for their own health, especially with regard to Sexually Transmitted Infections (STIs).²³⁻²⁵

This invitation for the father to participate in the prenatal care must take place after confirming the pregnancy in a medical or nursing consultation, in which the participation of the father / partner in the monitoring routines of the pregnant woman begins, which will encourage their participation in educational activities and he will inform that he will be able to clear up doubts and prepare himself adequately to exercise his role during pregnancy, childbirth and postpartum. In addition to explaining the importance of exams and vaccination as the most effective measure for the prevention of vaccine-preventable diseases, whose father / partner, during the monitoring of the gestational period, must update their Vaccination Card and seek to participate in the process of vaccination. vaccination of the whole family and not only the pregnant woman and the baby.⁴

With regard to exams and procedures, to include the parent / partner in promoting their own health, prevention and diagnosis of illnesses, the Ministry of Health in 2018 suggested that the following exams should be requested for companions: Blood typing and HR Factor (if the woman has a negative HR); Hepatitis B virus (HBsAg) surface antigen research; Treponemic and / or non-treponemic test for syphilis detection using conventional or rapid technology; Anti-HIV antibody research; Hepatitis C virus (anti-HCV) antibody screening; Blood count; Lipidogram: HDL cholesterol measurement, LDL cholesterol measurement, total cholesterol measurement, triglyceride measurement; Glucose measurement; Hemoglobin electrophoresis (for detecting sickle cell disease); Blood pressure measurement; Checking weight and calculating body mass index. Thus, through these examinations and providing this moment when men go to the health service, they consequently contribute to the process of health promotion, prevention and treatment, enabling the improvement of paternal health practices, which will also encourage the companion to walk the prenatal routine.⁴

We highlight that these procedures and exams must be requested respecting the protocols established by the MS in the partner's prenatal strategy. And if any changes are detected in any of these tests, the patient must be referred for treatment within the Unified Health System network, therefore, the same procedure must be adopted if the professional verifies the need for other tests.⁴

Thus, through the implementation of this strategy, significant contributions are being pointed out in Brazil and other countries in the world and have been identified as predictors in parents' adherence to prenatal care such as: health education and strategies for preventing diseases through access to exams and assessment by health professionals, along with infection control.²⁴

Thus, male prenatal care has been showing itself as a means of encouraging the participation of men in the health service, it must be implanted in the Primary Health Care service, considering that health education is characterized as an important strengthening mechanism the performance of the professional who favors and encourages health and self-care.²³

Father's participation during the puerperal pregnancy cycle

Pregnancy is a moment of transition to parenting and requires future parents to undergo a series of changes and adaptations, both on a psychological and biological level and serves as preparation for the new roles they will have to assume. However, it is necessary to understand that the act of gestating is not the exclusive task of the woman as a mother, but of the couple. Therefore, the early reception of the partner will facilitate the development of the feeling of fatherhood and this will contribute to the bonding with the child to occur as soon as possible.²⁰

However, a study²⁶ carried out regarding the views of nurses and doctors on fatherhood in adolescence, in two FHS units located in the south of the city of Rio de Janeiro, carried out with five nurses and three doctors, found that even though it is known that the insertion of a partner in prenatal care is essential for a good development of this process, the young father is not yet included in the consultations. Although the study has a very small sample, it brings a wealth of testimonies gathered, in which the need for intervention by health professionals

is observed, seeking new practices aimed at the insertion of adolescent parents in health services, providing a reformulation of the consultation prenatal care and making it more participatory.²⁶

The participation of the father / partner during care during the puerperal pregnancy period promotes greater interaction, since the man / father may come to establish emotional bonds and feel like a father, before the arrival of the new being. The moment the father recognizes the family pregnancy, he starts to feel included in this "pregnancy" cycle, acquiring a new perception of care and being a caregiver.^{27,19}

Nevertheless, research shows that the father's presence can favor the emotional support of the partner, understanding that the responsibilities with the child are of both and must be divided. Therefore, in order to allow a safer experience for women, it is important to share this moment with their partner. In Brazil, the Ministry of Health states that the presence of the father / partner during prenatal care, childbirth and the puerperium is an offer of support to the puerperal women during these periods, providing tranquility and security and contributing to the success of maternal and neonatal outcomes.^{5,27}

The presence of the father brings a mixture of feelings not only for the man, but mainly for the woman who feels more secure and prepared for this special moment, besides stimulating the creation of a husband-wife, father-son bond. The participation of the father / partner offers emotional support, helping the woman to better withstand the pain and tension of childbirth, the presence of a person she trusts next to her makes them feel more satisfied, confident and happy.²⁸⁻²⁹

In this context, the woman's partner can be considered the ideal companion in the parturition process, due to the development of monitoring from prenatal to childbirth, in which he would be validating his paternity and valuing his role. The benefits of your company during the parturition process can be seen, which are stated in: positive factors in the construction of the paternal bond, encouragement / support to women during the parturition, reduction of neonatal complications and in the achievement of experiences which will be memorable the couple's life.^{18,30}

In view of this, a survey carried out with 27 parents about the father's involvement at 24 months of the child's life, in the metropolitan region of Porto Alegre, observed that the parents were involved in interacting with the children, as well as being available and being responsible for them. . In addition, the results indicate that parents were involved with their children in different ways and with different frequencies, but their participation was still perceived as less than that of the mother. In this sense, the findings of the study can be used to support interventions with families, in actions aimed at promoting greater paternal involvement in the child's life, which will bring contributions not only for the child but also for the fatherhood experience itself.³¹

Thus, the man starts to assume a more egalitarian stance in relation to his partner, in addition to acquiring greater awareness about its importance in the family environment, positively corroborating the outcome of the baby's birth and the raising of his child.^{18,30}

Father's involvement in breastfeeding

Breastfeeding (BF) is the oldest and most effective mode of feeding for the human species. The influence of this food on the health of the child is of paramount importance, being pointed out as the most appropriate way for the healthy development of infants and the only food that is effective in adequately meeting all the physiological needs of children under six months. Therefore, it is essential to emphasize that the father's participation during breastfeeding becomes one of the main elements of support for the mother, contributing to the effective act of breastfeeding.³²⁻³³

Paternal involvement in breastfeeding, in the first 10 days after delivery, is extremely important for the continuity of BF, due to the difficulties that can usually occur in breastfeeding. It is essential that a link between mother-father-baby be formed since pregnancy for this practice, thus, the father's more active presence in the preparation phase for motherhood can encourage the mother to breastfeed for longer and thus, the approval for breastfeeding is a major factor for successful breastfeeding.³³

In this context, regarding the conception and participation of the father / partner in the AM, a study carried out in five health units of the Municipal Health Secretariat, in the Western Sanitary District of the city of Natal, Rio Grande do Norte, with a sample of 50 parents who lived with their partners showed that only 46% of the interviewees understand the importance of breastfeeding. In this analyzed sample, the participants were unanimous in recognizing that BF is important for the child and 84% of the participants reported having attitudes to encourage and encourage the nursing mothers. Also as a result of this study, participants reported helping mothers, especially in the first three months of their child's life and justified that during this period the woman has physical impossibility, breast pain and lack of experience.^{32,34}

Consequently, the father's contribution to the process of natural breastfeeding is extremely important and must occur with actions and attitudes that permeate the care of the child and partner, helping with domestic chores, especially in the child's first six months as a way of dedication to the partner during lactation. As a result, the insertion and contribution of the partner during this period favors the success in maintaining exclusive and more prolonged BF.^{33,31}

The study has limitations due to the lack of publications, especially as of 2016 regarding male prenatal care. In addition, the lack of consistency of information regarding the Partner's Prenatal Guide for Health Professionals, the level of evidence for the entire sample is very low and studies with a qualitative approach that portray only a specific perspective of the phenomenon and little discussion on the elapsed theme. However, the study provided an important reflection on the insertion of father / partner in prenatal care, which reflects the need to break the old paradigm and precepts that the male figure should not occupy this space.

Conclusion

As soon as the pregnancy is confirmed, prenatal care begins and the professionals' performance and perceptions in this area must be turned to the mother-father-son trinomial, enabling the improvement of paternal health

practices, which they will encourage the partner to walk the prenatal routine and will influence positive factors in the construction of the paternal bond.

It is worth mentioning the importance of the father / partner during the entire pregnancy process until breastfeeding and the child's growth and development, bringing benefits in relation to physical well-being, in addition to offering comfort and encouragement to the mother, which will allow the reduction of feelings of loneliness, anxiety, the levels of stress that can be caused by vulnerability, thus providing a good evolution of the clinical periods of childbirth, stimulating and supporting the woman at the time of parturition and promoting the reduction of neonatal complications and providing achievements of experiences which will be memorable and remarkable in the couple's life.

Therefore, the participation of men in prenatal care expands health care, helping women to better support the pain and tension of childbirth. The presence of a person you trust by your side makes them feel more satisfied, confident and happy. In this way, parents will develop knowledge about their role in relation to paternity in actions aimed at their inclusion during prenatal consultations, in addition to health promotion, prevention and diagnosis of illnesses and strengthening of bonds that, in turn, enable a better fetal development and a couple's health monitoring throughout the pregnancy-puerperal cycle, and the woman's prenatal care is also seen as an opportunity for insertion and motivation of the male universe in the practice of self-care, therefore, being able to emphasize even more the importance of early insertion of parents in the mother-father-son trinomial.

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