

ALEITAMENTO MATERNO

Dinis Mateus, Diogo Ferreira e Zahra Rashid

Amamentação ou aleitamento é a alimentação de bebés e crianças pequenas com leite produzido pelas mamas de uma mulher.

VANTAGENS DO ALEITAMENTO MATERNO

O leite materno:

- Alimento vivo, completo, natural;
- Melhor opção alimentar para as crianças;
- Previne infeções gastrointestinais, respiratórias e urinárias. Protege de alergias;
- Ajuda na adaptação a outros alimentos;

Vantagens para a mãe:

- Involução uterina precoce e menor probabilidade de cancro de mama;
- Método mais barato e seguro de alimentar o bebé;
- Protege a mãe de uma nova gravidez;



ESTRUTURA DA MAMA



Figura 1 - Estrutura da mama.

PRÁTICA DO ALEITAMENTO MATERNO

Dieta saudável e variada das mães e ausência de stress. Deve haver boa progressão do peso.

FUNCIONAMENTO DA AMAMENTAÇÃO



Figura 2 - Reflexos do bebé

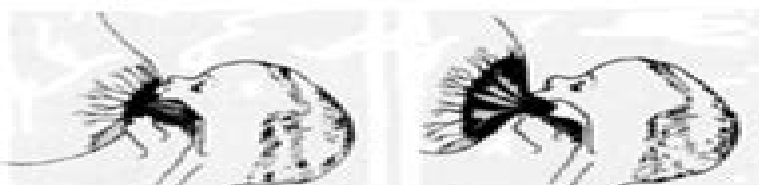


Figura 3 - Adaptação entre mãe e bebé (pega).

PONTOS DE VIRAGEM EM ALEITAMENTO MATERNO

Intervenção em pediatria promove a saúde e prevenção de doenças. O aleitamento promove práticas saudáveis.

Para o sucesso da amamentação conjugam-se 3 fatores:

- O estabelecimento da lactação;
- O suporte da amamentação;
- A decisão de amamentar.

SUCESSO DO ALEITAMENTO MATERNO

- Amamentação mais prolongada (6 meses)
- Bom estado nutricional e desenvolvimento psicomotor do bebé.
- Boa qualidade da interação mãe-bebé durante a mamada - "valsa".
- Transferência de leite - quantidade de leite produzida pela mãe e obtida pelo bebé.

CONTRA-INDICAÇÕES DO ALEITAMENTO MATERNO

Temporárias: Doenças infecciosas (varicela e herpes), lesões mamárias, tuberculose ou toma de medicação imprescindível.

Os bebés devem ser alimentados com leite artificial por colher ou copo, e a produção do leite materno tem de ser estimulada.

Definitivas: Não são muito frequentes. Doenças crónicas, graves ou debilitantes, mulheres infetadas com VIH ou que precisam de tomar medicamentos prejudiciais ao bebé.

DIFICULDADES

I - Precoces

1 - Mamas Ingurgitadas;

- Prevenir ingurgitamento
- Tratar o ingurgitamento
- Extrair o leite manualmente

2 - Bloqueio dos Ductos;

- Tratar o ducto bloqueado

3 - Mastite

- Tratar a mastite

4- Mamilos Gretados

- Prevenir dor/fissuras nos mamilos
- Tratar os mamilos dolorosos e/ou com fissuras
- Mamilos planos e invertidos

II - Dificuldades Tardias

1 - Pouco Leite/Choro do Bebê

- Amamentar sempre que o bebé tenha fome e esvaziar a mama até ao fim.

2 - Voltar ao Trabalho

- Conservar o leite em sacos de plástico ou em biberão esterilizados

Manual Sobre Aleitamento Materno

N Colangelo



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Table of Contents Manual Sobre Aleitamento Materno

1. Understanding the eBook Manual Sobre Aleitamento Materno
 - The Rise of Digital Reading Manual Sobre Aleitamento Materno
 - Advantages of eBooks Over Traditional Books
2. Identifying Manual Sobre Aleitamento Materno
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Manual Sobre Aleitamento Materno
 - User-Friendly Interface
4. Exploring eBook Recommendations from Manual Sobre Aleitamento Materno
 - Personalized Recommendations
 - Manual Sobre Aleitamento Materno User Reviews and Ratings
 - Manual Sobre Aleitamento Materno and Bestseller Lists
5. Accessing Manual Sobre Aleitamento Materno Free and Paid eBooks

- Manual Sobre Aleitamento Materno Public Domain eBooks
- Manual Sobre Aleitamento Materno eBook Subscription Services
- Manual Sobre Aleitamento Materno Budget-Friendly Options
- 6. Navigating Manual Sobre Aleitamento Materno eBook Formats
 - ePub, PDF, MOBI, and More
 - Manual Sobre Aleitamento Materno Compatibility with Devices
 - Manual Sobre Aleitamento Materno Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Manual Sobre Aleitamento Materno
 - Highlighting and Note-Taking Manual Sobre Aleitamento Materno
 - Interactive Elements Manual Sobre Aleitamento Materno
- 8. Staying Engaged with Manual Sobre Aleitamento Materno
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Manual Sobre Aleitamento Materno
- 9. Balancing eBooks and Physical Books Manual Sobre Aleitamento Materno
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Manual Sobre Aleitamento Materno
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Manual Sobre Aleitamento Materno
 - Setting Reading Goals Manual Sobre Aleitamento Materno
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Manual Sobre Aleitamento Materno
 - Fact-Checking eBook Content of Manual Sobre Aleitamento Materno
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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