

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

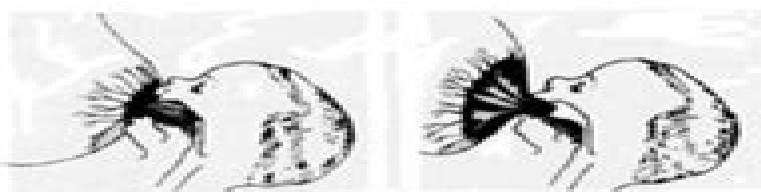


Figura 3 - Adaptação entre mãe e bebé (pega).

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

Jin-Ying Zhang



Manual Sobre Aleitamento Materno:

Manual prático de aleitamento materno Carlos González, 2018-07-04 Este livro pretende oferecer uma informação concisa confiável e prática sobre o aleitamento materno que permita 1 aos profissionais de saúde ajudar com eficiência as mulheres que amamentam 2 assim como amamentar com prazer e segurança Carlos González doutor em pediatria e autor de vários livros sobre educação alimentar e saúde infantil Licenciado pela Universidade Autônoma de Barcelona e especialista em amamentação pela Universidade de Londres ele fundador da Associação Catalã Prática de Aleitamento Materno membro do Conselho de Assessores de Saúde da La Leche League International e assessor da Iniciativa Hospital Amigo da Criança UNICEF um dos maiores nomes da atualidade em defesa da amamentação e da criação com apego casado e tem três filhos que já dormem e comem muito bem No Brasil seus livros foram publicados e impressos pela Editora Timóteo eles Manual prático de aleitamento materno em 2014 a segunda edição revista e ampliada foi impressa em 2018 Besame Mucho em 2015 e Meu filho não come em 2016

Demographic Transitions, Health, and Well-Being Pedro Miguel Gaspar, David Facal, Esperanza Navarro-Pardo, Veland Ramadani, 2025-10-10 Demographic transitions including migratory flows and global ageing increasingly affect the activity of many countries on different continents The impacts of this on the health and well being of societies seem to be a growing source of concern Interventions in physical and cognitive health will open new paths of development of societies This book explores the interconnection amongst demographic transition health and well being Featuring selected contributions presented at the 2025 International Conference on Demographic Transition Health and Technologies ICDTHT25 held in Salinas Ecuador the contents of this book explore issues such as aging population migration physical health and cognitive health as well as new approaches and innovations for the well being of societies It provides researchers scholars students and academics with an interdisciplinary contribution to research on demographic transition health and well being Esperanza Navarro Pardo is a PhD Professor in the Department of Evolutionary Psychology and Director of Research in Psychology at InterTech Interdisciplinary Modelling Group at the University of Valencia Spain Dr Navarro Pardo's current area of research is in health psychology in particular healthy aging and high performance Frailty Syndrome and Autism Spectrum Disorders in women She is on the review board of several journals including BMC Neuroscience World Journal of Surgical Oncology Clinical Interventions in Aging Journal of Genetic Psychology Death Studies Journal of Social and Personal Relationships among others She has been involved in more than 25 research projects regional national and European and published more than 100 scientific publications including journal articles books and book chapters and presented at more than 100 national and international scientific conferences Veland Ramadani is a Professor of Entrepreneurship and Family Business at the Faculty of Business and Economics South East European University North Macedonia His research interests include entrepreneurship small business management and family businesses He authored or co authored around 200 research articles and book chapters 15 textbooks and 35 edited books He has received the Award

for Excellence 2016 Outstanding Paper by Emerald Publishing Group Furthermore his research influence is underscored by his consistent inclusion among the World's Top 2% of the most influential researchers by Elsevier and Stanford University for the last five consecutive years Between 2017 and 2021 Dr Ramadani served as a member of the Supervisory Board of the Development Bank of North Macedonia where he also took on the role of Chief Operating Officer COO for 10 months

Manual de promoção do aleitamento materno: normas técnicas Brasil. Ministério da Saúde. Coordenação Materno-Infantil, 1997 **Protocolos de urgência em pediatria** Anta A3nio Levy Gomes, 2019-10-14 Os Protocolos de urgência em Pediatria ressurgem 8 anos depois em 2019 Esta 4ª edição da AGBPo foi aumentada em número de protocolos reestruturada e cuidadosamente reescrita e revista Uma vez mais este livro nasce do esforço e dedicação da AGBPo de inúmeros profissionais do Departamento de Pediatria do CHLN que ao aliar as últimas evidências científicas com a experiência de anos de prática clínica conseguiram melhorar aquela que já era uma referência em publicações desta natureza em língua portuguesa a fim de proporcionar para esta enorme comunidade de profissionais de saúde que tratam crianças em Portugal e no mundo que fala português a AGBPo uma ferramenta hospitalar mas também nos cuidados de saúde primários que este livro foi criado Como já foi realçado na anterior edição da AGBPo um Protocolo traduz uma norma aceita e recomendada para ser aplicada numa determinada patologia Na AGBPo deve ser empregue de forma cega mas antes ser adaptado a cada doente atendendo as suas particularidades e circunstâncias Na AGBPo a prática clínica que determina como se comportam as doenças a partir das doenças e doentes reais das suas variações das certezas e das incertezas que a AGBPo propõe as melhores soluções **Aleitamento materno**, 2006 *Assistência de enfermagem no aleitamento materno* Barbara Tideman Sartorio Camargo, 2025-01-14 Assistência de enfermagem no aleitamento materno aborda a prática da amamentação reconhecendo o papel do enfermeiro na assistência qualificada às mulheres pessoas que amamentam e seus filhos Entre os temas abordados estão os benefícios desta prática para a lactante o lactente a família e a sociedade os indicadores nacionais desta prática e as políticas públicas que apoiam a amamentação as estruturas anatómicas que participam e regulam a produção de leite a avaliação e assistência do enfermeiro na observação de mamadas nas principais dificuldades da lactante e do lactente e na promoção da amamentação através do aconselhamento O objetivo proporcionar ao leitor os conhecimentos técnicos científicos sobre as vantagens do leite materno e da amamentação visando reconhecer o papel do enfermeiro na qualificação da atenção de saúde da mulher pessoa que amamenta e recém-nascido A Série Universitária foi desenvolvida pelo Senac São Paulo com o intuito de preparar profissionais para o mercado de trabalho Os títulos abrangem diversas áreas abordando desde conhecimentos teóricos e práticos adequados às exigências profissionais atuais de forma objetiva e sólida **Aleitamento materno** Corintio Mariani Neto, 2006 **Promoção do aleitamento materno nas instituições de saúde**, 1996 **Manual prático de criação de gado no Brasil...** Fernand Ruffier, 1918 **Manual de orientações para aleitamento materno, alimentação da criança no primeiro ano de vida, da gestante e do adolescente** São Paulo (Estado). Secretaria da Saúde. Centro de

Apoio ao Desenvolvimento de Assistência Integral à Saúde, 1992 *Assistência e controle das doenças diarreicas*, 198?

Melhorar a Nutrição Através das Hortas Familiares Food and Agriculture Organization of the United Nations, 2003-11-30
A publicação de Melhorar a nutrição através das hortas familiares Manual de forma o destinado a Técnicos de Extensão Agrícola em frica tem como finalidade a formação de técnicos de extensão rural de economia doméstica de nutrição e de saúde e de outros agentes de desenvolvimento que trabalhem com famílias e comunidades As hortas familiares existem em muitas zonas húmidas e sub húmidas de frica Essas hortas tendo uma fundação constituem um enorme potencial de melhoria do aprovisionamento alimentar das famílias podendo ser usadas para cultivar diversas espécies vegetais frutos cereais plantas medicinais e especiarias bem como para criar animais incluindo peixes Se devidamente tratada mesmo uma pequena parcela de terra pode contribuir substancialmente para aumentar o nível nutricional familiar indo ao encontro das suas necessidades alimentares Este manual de forma o abrange a produção de alimentos e questões nutricionais fornecendo um vasto leque de materiais para a formação de técnicos de campo que desejem ajudar as famílias e respectivas comunidades a melhorarem a produção alimentar e a aumentarem o valor nutritivo das suas dietas **Quem acolhe o menor, a Mim acolhe--Jesus**

Cristo: Manual, 1987 *Fundamentos e Práticas em Fonoaudiologia - Volume 3* Andréa de Melo Cesar, Meline Duarte Lima, 2020-12-14 Ao dar continuidade aos volumes I e II da coleção Fundamentos e Práticas em Fonoaudiologia o volume III mantém a proposta de trazer ao leitor temas contemporâneos das áreas de atuação do fonoaudiólogo O conteúdo desta obra foi elaborado por especialistas mestres e doutores que abordam os assuntos de forma prática e enriquecedora A obra sem dúvida fornece conhecimentos valiosos para a clínica fonoaudiológica Andréa de Melo Cesar Meline Duarte Lima Volume **Um presente para a vida toda** Carlos González, 2019-08-01 Este livro um texto reconhecido no mundo materno como uma das biblias da amamentação Seu conteúdo informativo mas sua linguagem clara e acessível O dr González um autor experiente um pesquisador obstinado e um pediatra que se coloca no lugar do bebê nos oferecendo um ponto de vista preciso mas amoroso e pouco intervencionista *Agenda de compromissos para a saúde integral da criança e redução da mortalidade infantil*, 2004

Revista de nutrição da PUCCAMP., 2005 Paradigmas y diseños de la investigación cualitativa en salud Francisco J. Mercado Martínez, 2002 **AIDPI, Atenção Integrada às Doenças Prevalentes na Infância: Atenção à criança de 1 semana a 2 meses de idade**, 1999 Estudos da administração pública paulista, 1979/81 São Paulo (Brazil : State). Fundação do Desenvolvimento Administrativo, 1983

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