

HOW WAS THE PROMOTING CARE PROJECT BORN?

My name is Márcia, I am a nurse and I work in a small town in the countryside of the state of Rio de Janeiro.

Throughout my professional experience, I have observed the mother-child difficulties of «first-time mothers», especially when caring for newborns.

When I began my extension course, I had the opportunity to create a tool to help these mothers and give them a support network on this issue.

CONTACT US

Promoting Care (24)

97402-5367



References:

<https://www.unimed.coop.br/viver-bem/pais-e-filhos/mala-da-maternidade-o-que-levar>

<http://www.santacasamaranga.com.br/noticia/88/mala-da-maternidade-o-que-levar>

<https://www.maternidadebrasil.com.br/pt/sobrenos/blog/o-que-levar-maternidade>

<http://www.hcmriopreto.com.br/o-que-levar-na-hora-do-parto>

<https://maternidadecandidomariano.org.br/o-que-levar-para-a-maternidade/>

PROMOTING CARE



Extension course student: Márcia Maria

Bastos da Silva

Supervisor: Nurse Practitioner Dr. Ilda

Cecília

Moreira da Silva

WHAT DO MOTHERS NEED TO TAKE TO THE HOSPITAL?

- 01 pack of postpartum maternity pads;
- 01 pair of flip-flops;
- Personal hygiene items: toothbrush, toothpaste, soap, shampoo, conditioner, hairbrush, towel;
- 03 nightgowns;
- 06 comfortable panties;
- 03 breastfeeding bras;
- 01 outfit for hospital discharge;

DO NOT FORGET TO BRING THE FOLLOWING DOCUMENTS:

- ID card;
- Proof of Address;
- Prenatal care chart;
- Prenatal care exams.



WHAT TO BRING FOR THE BABY?

- 01 pack of disposable diapers;
- 01 hairbrush;
- 01 towel;
- Soap;
- 02 burp cloths;
- 03 jumpsuits;
- 03 bodysuits / onesies;
- 03 pairs of socks;
- 03 pairs of mittens;
- 02 caps;
- 02 /blankets/swaddles;
- 01 outfit for hospital discharge;

**Congratulations to
the family!
The baby is
almost here...**

The purpose of this material is to contribute to this unique moment. Everything was prepared with lots of love.