

THE EARLY DAYS OF

MOTHERHOOD



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**VOLTA REDONDA
2023**

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CONTENT:

Breastfeeding in the Neonatal Intensive Care: Interventions from the health team through comics.

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FICHA CATALOGRÁFICA

Bibliotecária: Alice Tação Wagner - CRB 7/RJ 4316

P149e Paiva, Eliesia de Figueredo
The early days of Motherhood. [e-book] / Eliesia de Figueredo Paiva. -
Volta Redonda: UniFOA, 2023. 10 p.

Orientador (a): Profa. Ana Paula Cunha Pereira
Coorientador (a): Prof. Júlio Cesar Soares Aragão

ISBN: 978-65-88877-68-5

Produto (Mestrado) – UniFOA / Mestrado Profissional em Ensino em
Ciências da Saúde e do Meio Ambiente, 2023.

1. Ciências da saúde - produto. 2. Aleitamento materno. 3. História em quadrinhos. 4. Unidade de terapia intensiva neonatal. I. Pereira, Ana Paula Cunha. II. Aragão, Júlio Cesar Soares. III. Centro Universitário de Volta Redonda. IV. Título.

CDD – 610

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PRESENTATION

Comics for grown-up people!

During the prenatal care you must have received orientations about breastfeeding and for beyond this period, you may have learned things from your family, and support network and friends.

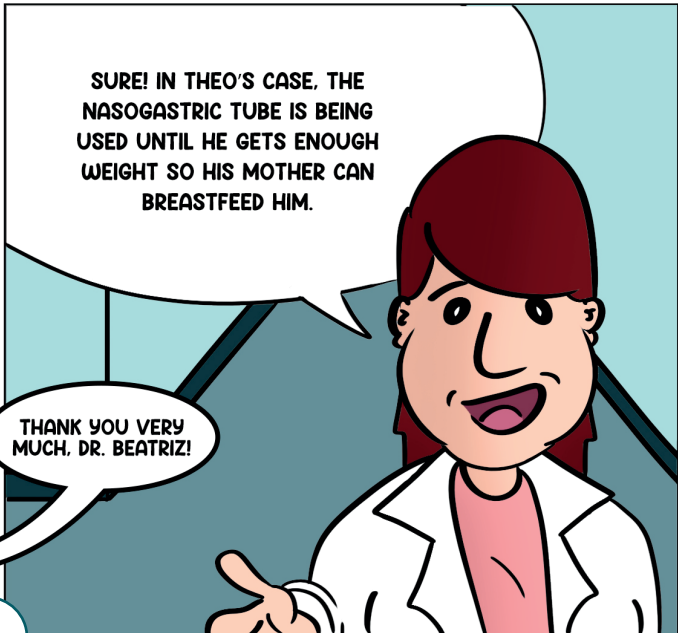
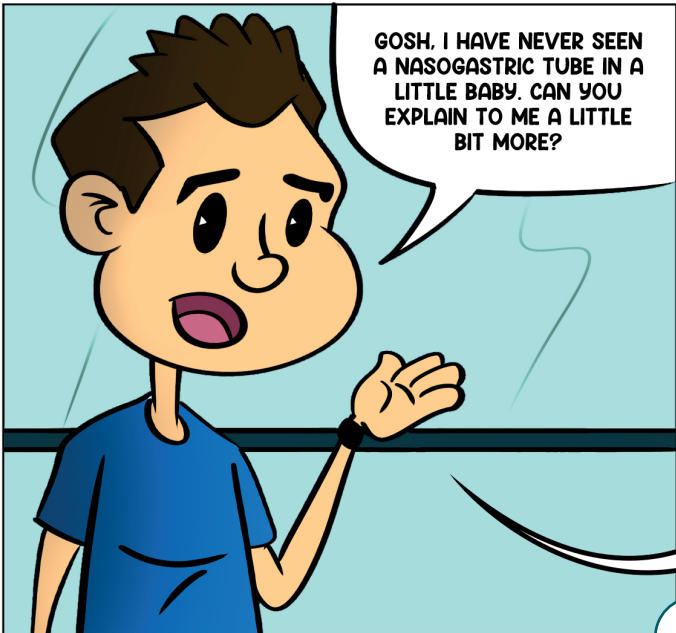
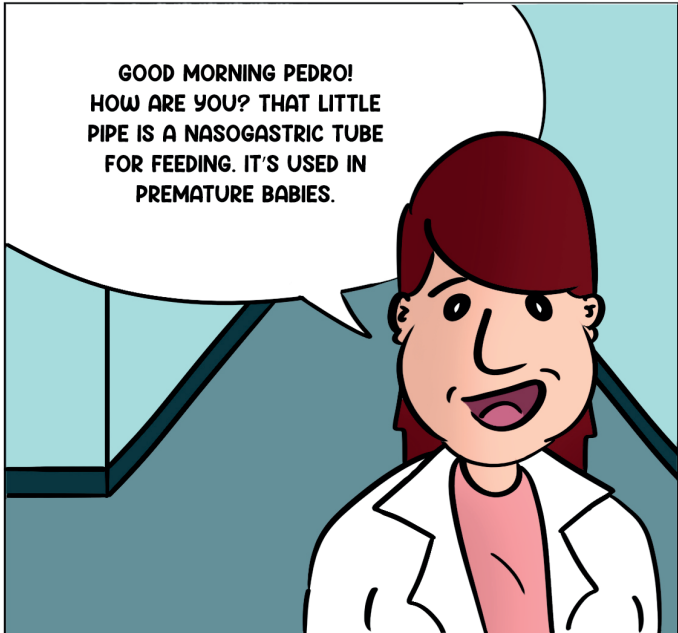
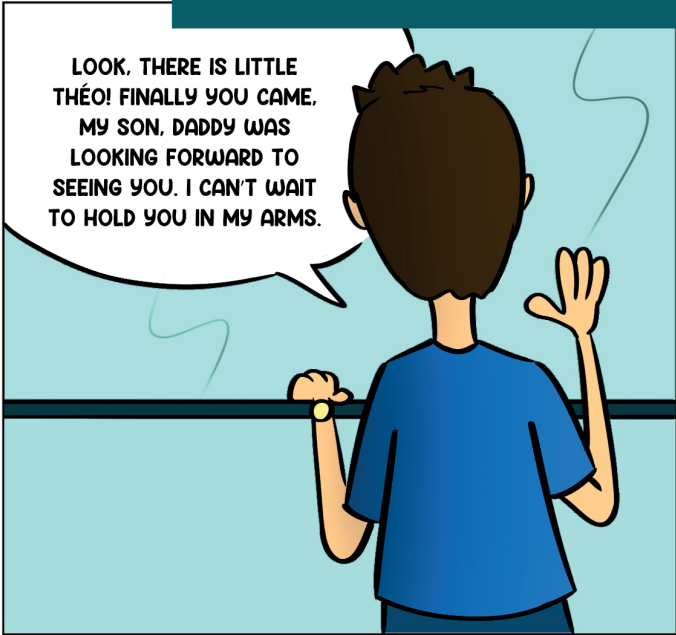
However, this material was made for you, mother and/or father, that is living a risk pregnancy or that has children at a Neonatal Intensive Care Unit (NICU).

This book brings moments experienced by parents and relatives at a NICU environment and when it comes to breastfeeding, through a comprehensive language that provokes the reader's reflection.

The content that is here can be shared with your siblings, grandparents, friends, and whoever will be by your side through this moment of the couple and their baby's life.

Will you be able to join us in these stories?

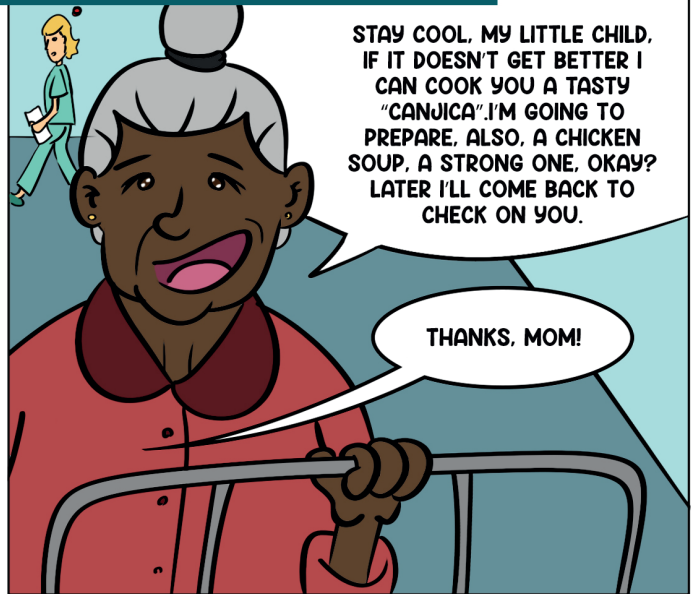
WHAT IS THAT LITTLE PIPE?



WHERE IS MOMMY'S MILK?

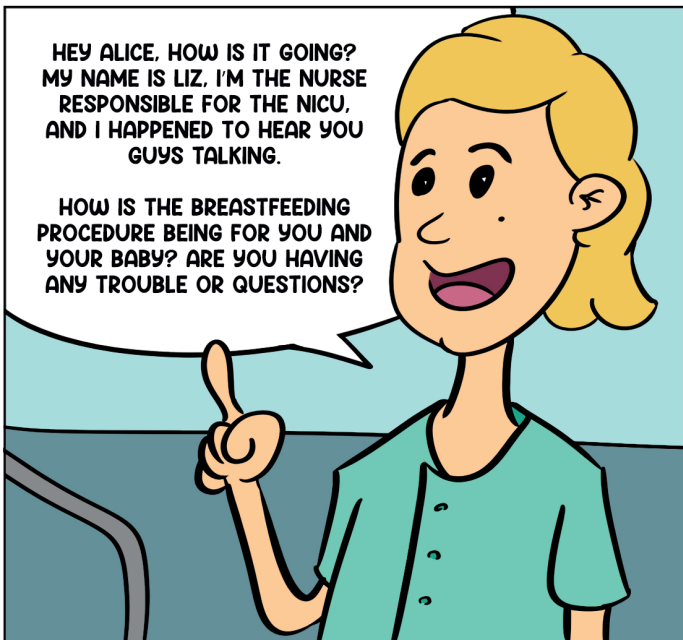


OH MY GOD! (OMG!) IT'S TIME TO BREASTFEED, MOTHER, AND THE LAST TIME WE HAD A HARD TIME! HOPEFULLY MY MILK WILL COME OUT EASIER THIS TIME!



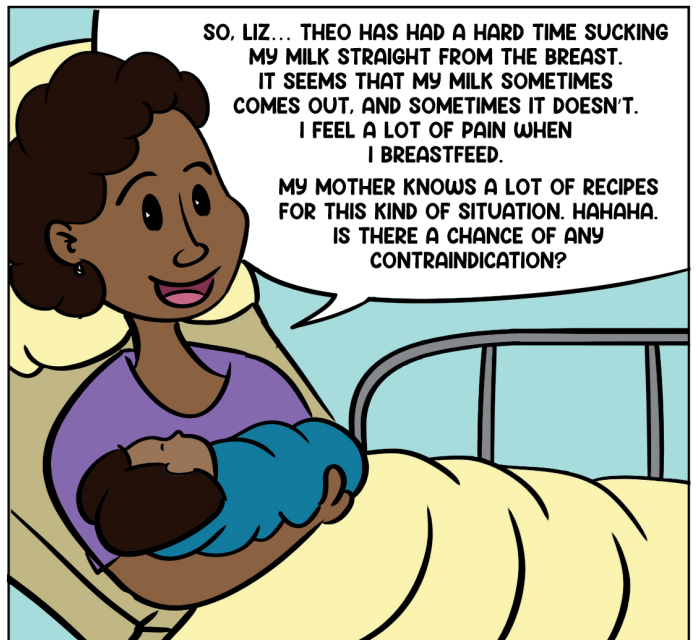
STAY COOL, MY LITTLE CHILD, IF IT DOESN'T GET BETTER I CAN COOK YOU A TASTY "CANJICA". I'M GOING TO PREPARE, ALSO, A CHICKEN SOUP, A STRONG ONE. OKAY? LATER I'LL COME BACK TO CHECK ON YOU.

THANKS, MOM!



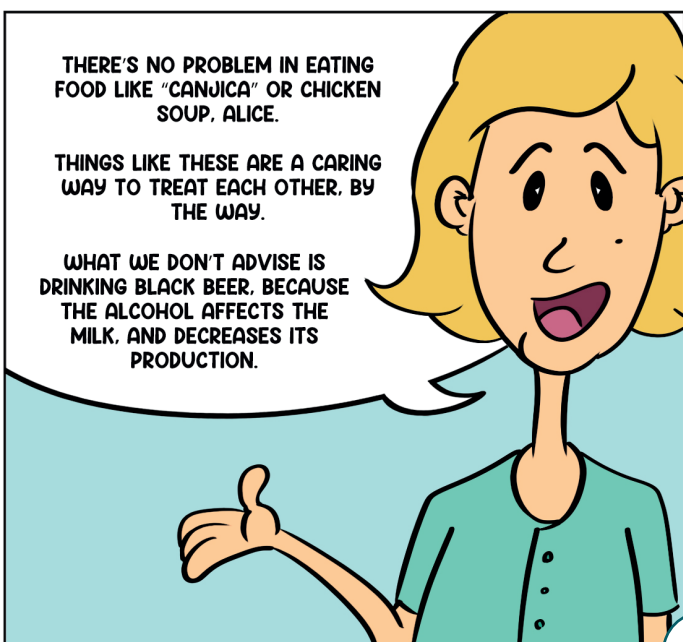
HEY ALICE, HOW IS IT GOING? MY NAME IS LIZ, I'M THE NURSE RESPONSIBLE FOR THE NICU, AND I HAPPENED TO HEAR YOU GUYS TALKING.

HOW IS THE BREASTFEEDING PROCEDURE BEING FOR YOU AND YOUR BABY? ARE YOU HAVING ANY TROUBLE OR QUESTIONS?



SO, LIZ... THEO HAS HAD A HARD TIME SUCKING MY MILK STRAIGHT FROM THE BREAST. IT SEEMS THAT MY MILK SOMETIMES COMES OUT, AND SOMETIMES IT DOESN'T. I FEEL A LOT OF PAIN WHEN I BREASTFEED.

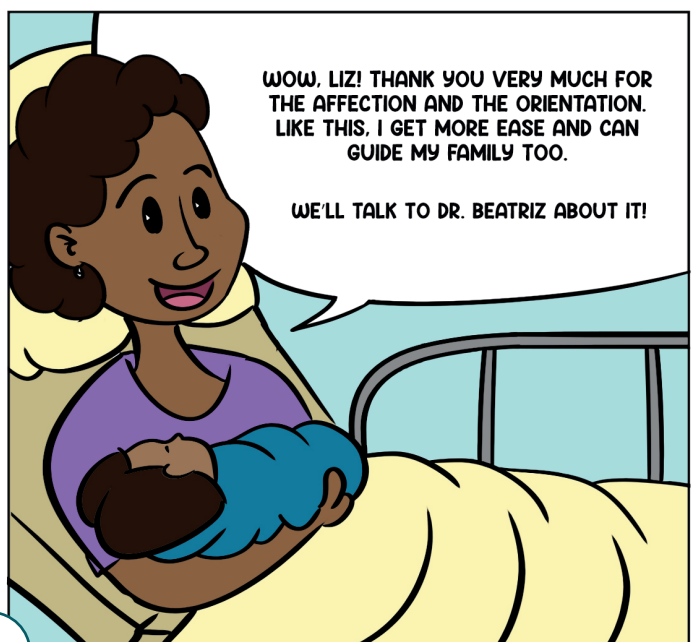
MY MOTHER KNOWS A LOT OF RECIPES FOR THIS KIND OF SITUATION. HAHHA. IS THERE A CHANCE OF ANY CONTRAINDICATION?



THERE'S NO PROBLEM IN EATING FOOD LIKE "CANJICA" OR CHICKEN SOUP, ALICE.

THINGS LIKE THESE ARE A CARING WAY TO TREAT EACH OTHER, BY THE WAY.

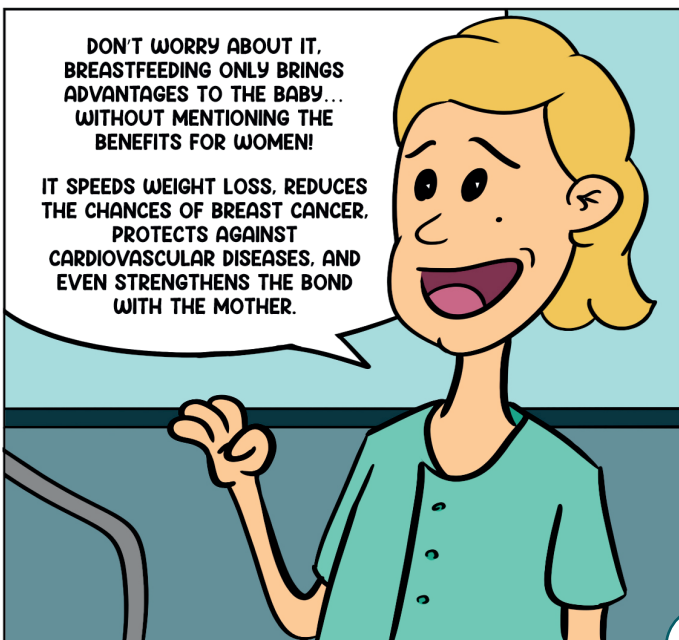
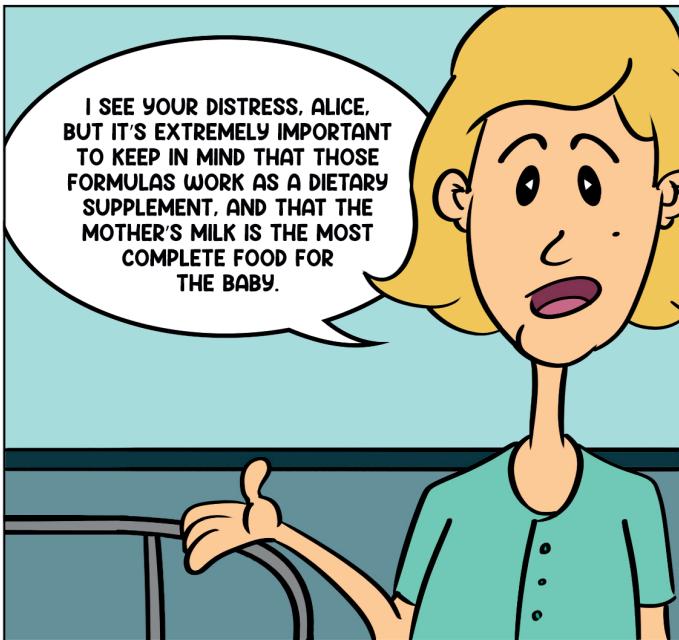
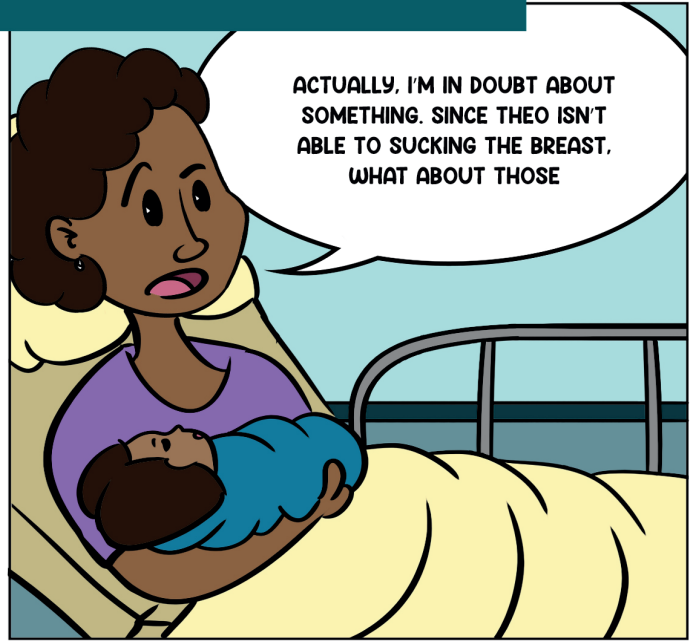
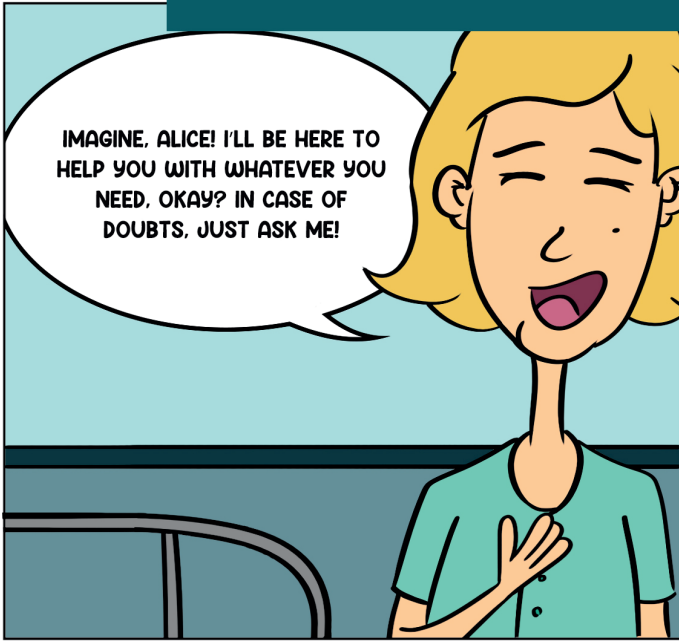
WHAT WE DON'T ADVISE IS DRINKING BLACK BEER, BECAUSE THE ALCOHOL AFFECTS THE MILK, AND DECREASES ITS PRODUCTION.



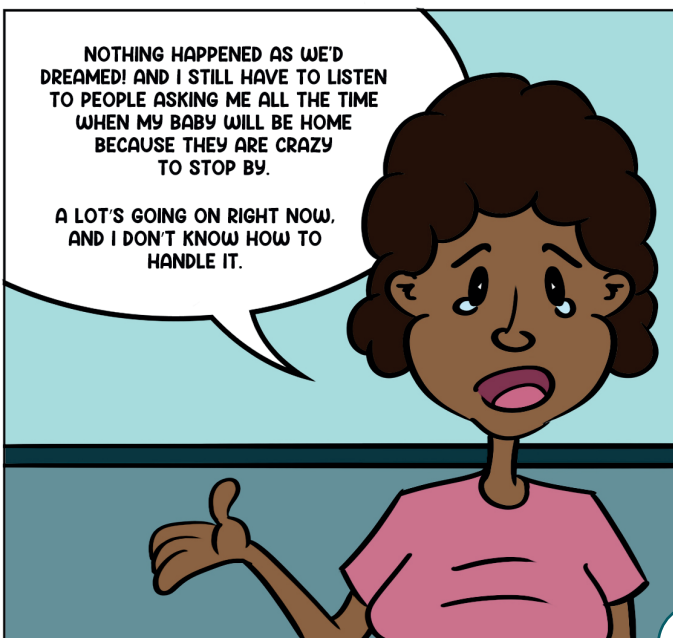
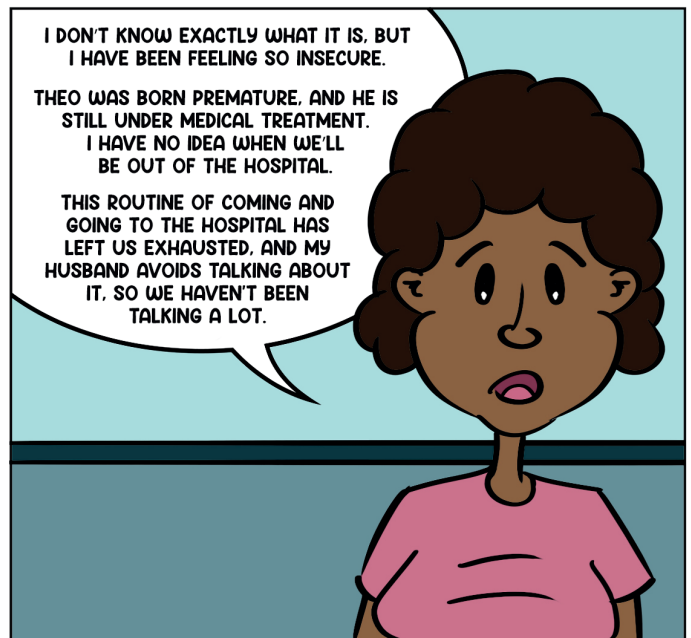
WOW, LIZ! THANK YOU VERY MUCH FOR THE AFFECTION AND THE ORIENTATION. LIKE THIS, I GET MORE EASE AND CAN GUIDE MY FAMILY TOO.

WE'LL TALK TO DR. BEATRIZ ABOUT IT!

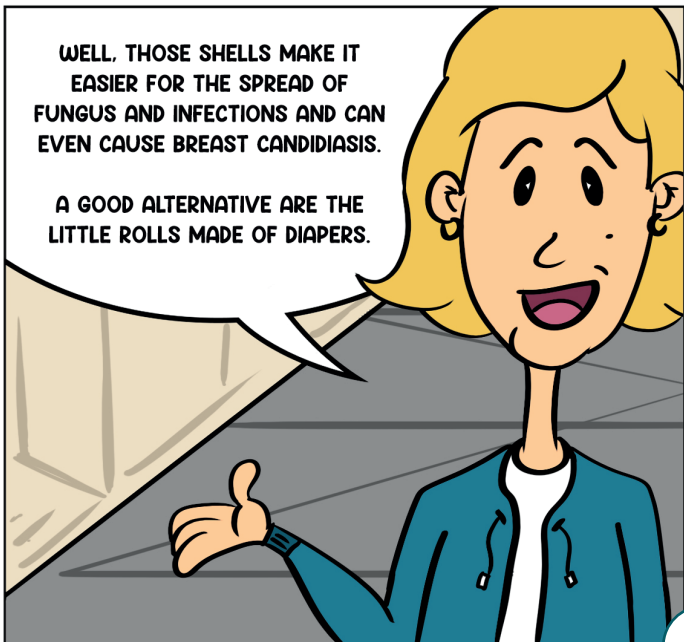
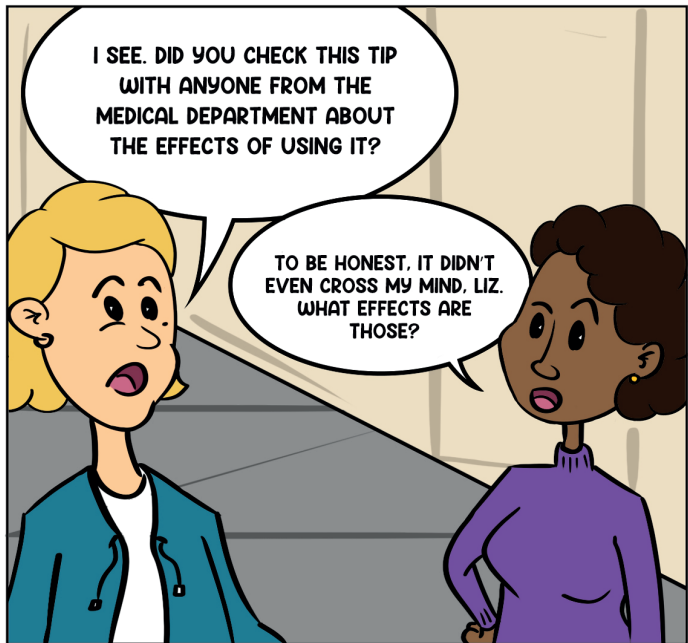
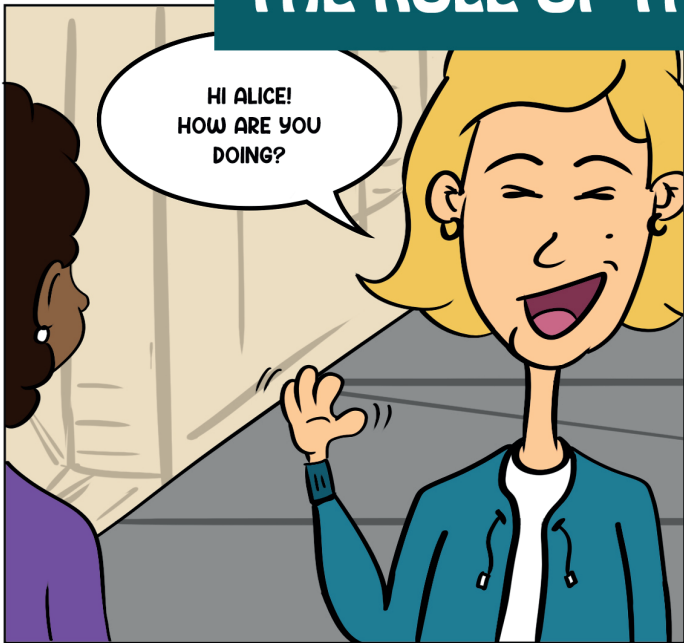
THE BREASTFEEDING FOR THE WOMAN



BURNOUT AND SELF-DOUBT



THE ROLE OF THE NEONATAL ICU



MORE INFORMATIONS

Human milk bank

<https://www.gov.br/saude/pt-br/aceso-a-informacao/acoes-e-programas/banco-de-leite-humano>

Pregnancy reference card

<https://aps.saude.gov.br/biblioteca/visualizar/MjE2NQ==>

Child immunization record - girl

<https://aps.saude.gov.br/biblioteca/visualizar/MjE2NA==>

Child immunization record - boy

<https://aps.saude.gov.br/biblioteca/visualizar/MjE2Mw==>

High-risk pregnancy guide

<https://aps.saude.gov.br/biblioteca/visualizar/MjA4Ng==>

Food Chart for 2-year-old baby

<https://aps.saude.gov.br/biblioteca/visualizar/MTQ0Ng==>

Food Chart for 2-year-old baby - reduced version

<https://aps.saude.gov.br/biblioteca/visualizar/MTQ1NQ==>

Children's health - breastfeeding and complementary feeding 2nd edition

<https://aps.saude.gov.br/biblioteca/visualizar/MTE5OQ==>



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