

Consequences of Early Weaning on Breastfeeding

Consequências do Desmame Precoce no Aleitamento Materno

Consecuencias del Destete Temprano en la Lactancia Materna

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RESUMO

Objetivo: analisar as principais consequências nas relações afetivas e emocionais mãe-filho quanto ao desmame precoce assistidos pelo enfermeiro. **Método:** revisão da literatura integrativa sendo classificada como uma pesquisa de natureza básica com abordagem qualitativa e quanto aos objetivos exploratória. Os resultados foram obtidos a partir da análise dos estudos científicos entre os anos de 2018 a 2022, sendo que foram utilizados 15 artigos que estavam de acordo com as questões norteadoras e dentro dos critérios estabelecidos pela metodologia. **Resultados:** foi possível perceber que a maioria dos estudos trata sobre as consequências físicas do desmame precoce e há uma carência de periódicos que abordam as consequências psicológicas que tenham relação com o vínculo, o afeto e o emocional da mãe e do binômio. O aleitamento materno é fundamental para o crescimento do bebê, além de contribuir com a relação afetiva entre a mãe e o seu filho, as consequências geradas pelo desmame podem prejudicar o crescimento, desenvolvimento corporal, podem causar desnutrição e diversas doenças futuras. **Conclusão:** Entre todos os benefícios do aleitamento materno exclusivo para a saúde materno-infantil, sua interrupção precoce ainda é muito frequente, e cabe ao enfermeiro exercer um papel que é de extrema importância para prevenir o desmame precoce.

Descritores: Emocional Infantil, Aleitamento Materno, Enfermagem, Desmame e Vínculos Emocionais.

ABSTRACT

Objective: to analyze the main consequences in the affective and emotional mother-child relationships regarding the early weaning assisted by the nurse. **Method:** review of the integrative literature being classified as a basic research with a qualitative approach and as to exploratory objectives. The results were obtained from the analysis of scientific studies between the years 2018 and 2022, and 15 articles were used that were in accordance with the following questions and within the criteria established by the methodology. **Results:** it was possible to notice that most studies deal with the physical consequences of early weaning and there is a lack of journals that address the psychological consequences that are related to the bond, affection and emotional of the mother and binomial. Breastfeeding is fundamental for the growth of the baby, besides contributing to the affective relationship between the mother and her child, the consequences generated by weaning can impair growth, body development, can cause malnutrition and several future diseases. **Conclusion:** Among all the benefits of exclusive breastfeeding for maternal and child health, its early interruption is still very frequent, and it is up to the nurse to play a role that is extremely important to prevent early weaning.

Descriptors: Emotional Infant, Breastfeeding, Nursing, Weaning and Emotional Bonds.

RESUMEN

Objetivo: analizar las principales consecuencias en las relaciones afectivas y emocionales madre-hijo respecto al destete precoz asistido por la enfermera. **Método:** revisión de la literatura integradora siendo clasificada como una investigación básica con un enfoque cualitativo y en cuanto a objetivos exploratorios. Los resultados se obtuvieron del análisis de estudios científicos entre los años 2018 y 2022, y se utilizaron 15 artículos que estuvieron de acuerdo con las siguientes preguntas y dentro de los criterios establecidos por la metodología. **Resultados:** se pudo notar que la mayoría de los estudios abordan las consecuencias físicas del destete precoz y faltan revistas que aborden las consecuencias psicológicas que están relacionadas con el vínculo, el afecto y la emocional de la madre y el binomio. La lactancia materna es fundamental para el crecimiento del bebé, además de contribuir a la relación afectiva entre la madre y su hijo, las consecuencias que genera el destete pueden perjudicar el crecimiento, el desarrollo corporal, pueden provocar desnutrición y varias enfermedades futuras. **Conclusión:** Entre todos los beneficios de la lactancia materna exclusiva para la salud materno-infantil, su interrupción temprana sigue siendo muy frecuente, y corresponde a la enfermera desempeñar un papel que es extremadamente importante para prevenir el destete temprano.

Descritores: Bebé emocional, Lactancia materna, Lactancia, Destete y Vínculos emocionales.

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Introduction

Breast milk is the ideal food for the growth and development of the baby because in addition to assisting in the immune process, it also assists in the affective relationship between mother and child. This food has several nutrients, vitamins, minerals, proteins, fats, carbohydrates and is rich in antibodies of the mother, so it is fundamental for the growth of the child, because it has great influence on physical, cognitive and emotional development among others.¹

Exclusive breastfeeding up to six months of life is recommended by the World Health Organization (WHO) and breast milk alone is sufficient because it has all the nutritional content necessary to maintain healthy growth and development in this age group. After the sixth month, appropriate complementary feeding should be offered, but breastfeeding should be continued until the child is 2 years of age. Breast milk is necessary because it has essential nutrients and contains essential immunoprotective elements that protect the baby from probable infections and that are not present in infant formulas that are widely used.²

The mother and baby enter into unique harmony provided by the moment and in this contact between them guarantee several privileges such as efficient sucking, stimulation of involution of the uterus and a very strong emotional bond, besides being a strategy to reduce the chances of an early weaning. There are many current studies that prove the importance of this contact between mother and newborn by providing not only food, but also emotional stimuli.³

The emotional bond provided by breastfeeding promotes an intense connection between father and mother and newborn, providing bonding, affection and a healthy environment in the family bed. In the first months of life he is a tactile and sensory being, and this contact triggers the release of oxytocin, a hormone responsible for the feeling of happiness and relaxation and also promotes feelings of confidence, safety and even self-esteem in the newborn.⁴ This bond provides an affective bond so strong that it is responsible for the marks in the development of the child's personality and in the relationships that it establishes with the world in its daily life.⁵

It is then perceived that this interaction between mother and child can be a strong point of influence on the emotional development of children even in their future. Breastfeeding is very related to psychosocial determinants and, in view of this, adequately breastfed children have better social adaptation and personality stability and the fact that the mother believes in all the benefits of breastfeeding increases the chances of her maintaining the practice for longer.⁶

According to the Brazilian Society of Pediatrics (SBP) (2012) it is observed that a portion of mothers, despite expressing willingness to continue breastfeeding, find several reasons that interfere in this process. The reasons that most affect mothers are related to the difficulty of maintaining exclusive breastfeeding as nipple traumas and artificial nipples that decrease milk production by reducing the act of sucking. There are other reasons also linked to lack of awareness and

knowledge due to low schooling, beliefs that milk is not enough to feed the baby and primiparous mothers.⁷

Early weaning is considered as the lack of breastfeeding before the time recommended by the Ministry of Health (MS). Even with all the evidence of the importance of breastfeeding, its interruption occurs in abundance and among the factors most are linked to economic, social and cultural problems, that is, early weaning represents a great difficulty to public health.⁸

More recent data, representing the practice of breastfeeding collected from the National Survey of Demography and Health (PNDS) revealed an average duration of ESA of 2.2 months, and the average duration of breastfeeding was 14.0 months, according to this research conducted in the state capitals and Federal District, both results are not in accordance with the recommendations of the Ministry of Health. Therefore, it was possible to observe that the main reasons for early weaning are: the unexplained refusal of the baby (37.9%), return to work or school (24.1%) and insufficient milk (69.0%).⁹

For each of the obstacles that prevent exclusive breastfeeding, strategies are needed to overcome them, and it is essential to raise women's awareness about the importance of breastfeeding.¹⁰ Therefore, nurses have their role of guiding, informing and directing their knowledge in order to avoid early weaning and its various consequences. Breast milk is the only potent food against infant mortality rates and this reflects the future of global health.¹¹

Therefore, due to all the existing factors that may hinder the continuation of breastfeeding, nursing assistance is essential, because with their assistance the nurse is able to offer results and solutions to possible problems, because he is a professional capable of conducting and informing mothers about breastfeeding and its importance since the beginning of prenatal consultations. Nurses should present confidence and support to the patient always empathic to the woman's feelings and thoughts, keeping her updated in her knowledge to avoid early weaning. With this, this work aims to analyze the main consequences in the mother-child affective and emotional relationships regarding the early weaning assisted by the nurse.¹²

Method

A review of the integrative literature will be carried out, being classified as a basic research, qualitative approach and exploratory objectives.

The study design, a non-clinical research, as described by Brun, was integrated by applying the Problem, Concept and Context (PCC) methodology to guide data collection. The PCC strategy is a mnemonic that helps identify the key topics: Problem, Concept and Context. Such a strategy will be adopted to conduct the research issue of the scope review.

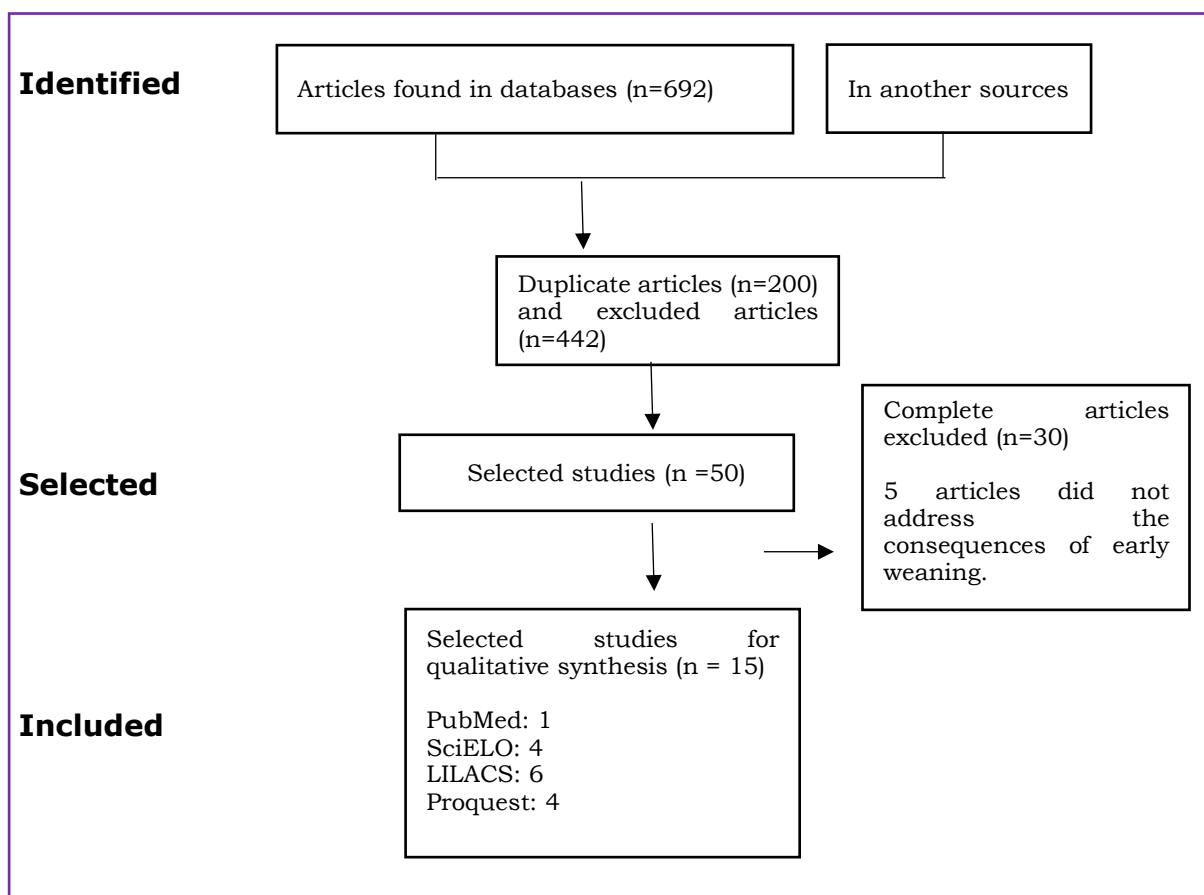
The research will be conducted through Health Descriptors (DeCS)/ Medical Subject Headings (MeSH): "Emotional Infant", "Breastfeeding", "Nursing", "Weaning" and "Emotional Bonds". And the

Boolean operator "AND" will be used to associate the descriptors in the databases." In the databases: Scientific Electronic Library Online (SciELO), PubMed Central® (PMC), Latin American and Caribbean Center for Information on Health Sciences (LILACS) and ProQuest.

As a criterion for the selection of articles will be included all complete articles, which are in the language in Portuguese between the years 2018 to 2022 that answer the main question of the study. And review articles and publications that are not in the format of scientific articles, such as books, theses, dissertations, reviews, letters and editorials and articles written in the English language, will be excluded.

Results

Figure 1 – Articles exclusion flowchart. 2022.



Quadro 1 – Análise dos estudos científicos de 2018 a 2022.

Place	Database / Journal	Author (s) of the article/ Year	Objective	Design
Brazil	SciELO / Jornal de Pediatria	SENNA, <i>et al.</i> (2018)	Perform construct validation and evaluate the internal consistency of the Maternal Breastfeeding Assessment Scale instrument, aiming at its application in the Brazilian population.	Cross-sectional
Brazil	LILACS / Journal of Human Growth and Development	SCHERRER, ALVES (2020)	To analyze the association of maternal depression, family composition and socioeconomic conditions with the indicator of maternal care and physical health of children.	Cohort
Brazil	SciELO / Revista Brasileira de Saúde Materno Infantil	SANTOS, <i>et al.</i> (2021)	To identify the prevalence of interruption of breastfeeding (AM) in the period of up to 45 days postpartum and to evaluate the associated sociodemographic and obstetric factors.	Cohort
Brazil	LILACS / Journal Health NPEPS	DIAS, <i>et al.</i> , ((2022)	To analyze strategies for promoting breastfeeding and factors related to early weaning among adult mothers	Descriptive
Brazil	PROQUEST / Ciência & Saúde Coletiva	SILVA, <i>et al.</i> (2019)	Identify health technologies and their contributions to the promotion of breastfeeding.	Integrative Review
Brazil	PROQUEST / Interface	CABRAL, <i>et al.</i> (2020)	To unsee the contributions of the insertion of a virtual community in the social network to support the AME of women after hospital discharge, in a capital of the Northeast region of Brazil.	Randomized
Brazil	SciELO / Cogitare Enfermagem	BAUER, <i>et al.</i> (2019)	Analyze breastfeeding guidance during pregnancy-puerperal care and outcome in exclusive breastfeeding.	Cohort
Brazil	LILACS / Revista Eletrônica de Enfermagem	SANTOS, <i>et al.</i> (2018)	To evaluate the prevalence of early weaning and associated factors in children attended in the ESF.	Descriptive
Brazil	PUBMED / Ciência & Saúde Coletiva	FERREIRA, <i>et al.</i> (2018)	To verify the association between maternal variables and ESA in a specialized outpatient clinic in the state of Ceará, Brazil.	Correlational, Cross-sectional
Brazil	LILACS / Revista de Enfermagem da UFSM	ZANLORENZI, <i>et al.</i> (2022)	To identify the weaknesses and potentialities of nursing care in supporting breastfeeding in primary health care (PHC).	Integrative Review
Brazil	LILACS / Revista de Enfermagem do Centro-Oeste Mineiro	QUEIROZ, <i>et al.</i> (2021)	To evaluate the knowledge, attitude and practice about breastfeeding among puerperans, in a maternity ward with a Seal of Baby-Friendly Hospital and describe the reasons for early weaning in previous pregnancies.	Cross-sectional
Brazil	SciELO / Cogitare Enfermagem	OLIVEIRA, <i>et al.</i> (2021)	To evaluate the performance of nursing mothers and nb, during breastfeeding, in the neonatal period, in addition to identifying the difficulties for breastfeeding/breastfeeding.	Comparative Longitudinal
Brazil	ProQuest, Revista Brasileira em Promoção da Saúde	PEREIRA, <i>et al.</i> (2018)	To know the practices and perceptions of education professionals about breastfeeding.	Exploratory
Brazil	ProQuest/ Revista Cuidarte	BARBOSA, CONCEIÇÃO (2019)	Evaluate maternal sociodemographic factors associated with exclusive breastfeeding.	Cross-sectional
Brazil	LILACS / Revista Paulista de Pediatria	COCA, <i>et al.</i> (2018)	To identify the main recommendations found in systematic reviews related to protective factors for exclusive in-hospital breastfeeding.	Integrative Review

Discussion

It is possible to notice that breastfeeding (BREASTFEEDING) has an important influence on child development and, in view of this, it should be understood what are the aspects that guarantee or not the success of breastfeeding¹³. Among them, we have biological, social, economic and cultural factors and maternal satisfaction is also a difficulty present in breastfeeding and all are related to the lack of follow-up and information, which shows the lack of promotion and support of breastfeeding by health professionals¹⁴. Faced with these difficulties, the health professional should be prepared to provide quality care seeking welcoming, integrality and taking into account the uniqueness of each woman¹³.

In order to have an effective exclusive breastfeeding (EA), breastfeeding should provide maternal satisfaction and even with the rare studies that seek to know the degree of satisfaction of women with breastfeeding, it has been shown to be high.¹³ More than 75% of puerperal women are satisfied at various times during the process and that is why it is essential to receive quality care that seeks to welcome and encourage free demand, early skin-to-skin contact, maternal self-esteem and the encouragement of the expected and effectively practiced duration of breastfeeding as determining factors of maternal satisfaction.¹⁴

Studies show that women under 20 years of age, as well as adolescents, or women aged 35 years or older interrupt ESI early and report intermediate age as a protective factor for breastfeeding. An assumption to explain this finding is that women in the intermediate age group have a higher prevalence of stopping breastfeeding.¹⁵ However, maternal age is not necessarily a limiting factor to ensure the success of breastfeeding, but younger women require greater attention to overcome difficulties.¹⁶

Early weaning occurs more frequently in working mothers, due to the difficulties faced by them in trying to reconcile activities inside and outside the home.¹⁷ This early interruption of EMA causes great damage to the child's health, raising the increased risk and frequency of gastrointestinal infections, respiratory diseases, allergies, among other various diseases, among other diseases, among these diseases, among these factors are related to numerous factors such as early motherhood, low educational and maternal socioeconomic level, poor quality among health services, lack and even lack of social support and various attitudes have been adopted within the scope of policies national health authorities desiring the promotion, protection and support of breastfeeding.¹⁸

The ineffective breastfeeding tactic, which ends up avoiding breast sucking and emptying, can cause damage to the dynamics of milk synthesis and impairments such as engorgement and mastitis, which are the fundamental factors associated with the interruption of EM. In addition, early identification of breastfeeding-related problems favors the identification of binomials predisposed to early weaning, imposing the need to add support, guidance and care strategies.¹⁹

Despite this need, pain-related problems during breastfeeding present a great challenge for health professionals because it is frequent and because women only seek help when the situation has already worsened.²⁰

To the stimulation of breastfeeding, the format of bringing more relationship between the mother and the baby emerges, contributing to configure an affective bond from birth, where health guidelines are established aimed at the whole family, contributing to emotional security, and providing a reduction in the existence of early weaning. In addition to the great benefits and recommendations of breastfeeding in the first six months of life, certain special occasions may hinder the establishment of exclusive breastfeeding, including: reduction of education level, low income and marital status without partnership.²¹ The bond should be promoted not only between the professional and the user as a strategy to ensure EM, but also between the mother and her child to solidify the connection and parental competence.²²

Not having breastfed a child previously is a discontinued form with a higher independent risk for the abandonment of EONE, followed by having breastfed four months or less, mothers who prioritize breastfeeding a previous child as "very positive" breastfeed much more than those who value it as "nothing or little positive". The adequate monitoring and development of prenatal care to these mothers make it possible to identify future injuries and risks in a timely manner to obtain the necessary intervention.²³ For the victory of breastfeeding, health professionals, educational professionals, and also family members, need to understand that this action should be supported and encouraged by all and education professionals should be part of this reception as great supporters.²⁴

Health education practices are performed by nurses who should be encouraged and added by the team, among which the use of technologies in care, the dedication of professionals to offer coherent guidance to scientific evidence, following the ethical and legal precepts of the profession, home visits, thus offer individualized care and incorporated a nurse responsible for the continuing education of care aimed at breastfeeding the profession prenatal care to postpartum.²⁵ Thus, the lack of guidance, the lack of professional support is evidenced as factors that negatively interfere in breastfeeding.²⁶⁻²⁷

Technologies related to social relations such as welcoming, bonding, autonomy and responsibility influence the production of care and in addition to satisfying the needs of users and valuing the worker. These human relations with regard to the information dimension materialize the process of support and care, because the dialogue between professionals and users, surpassing any kind of difference and prejudice in relation to the maternal figure, breaks with the historical approach that links the figure of the mother with the specific function of nurturing the child.²⁸

Conclusion

It was possible to deepen the knowledge about the importance of exclusive breastfeeding and conclude that it is a determining factor for the ideal development of the baby both in the physical issue, such as growth and immunity, as well as in the cognitive issue, in the development of personality and self-esteem, besides also benefiting the mother. Other than this, there is the creation of an affective bond essential for both, and ensuring that the EM occurs efficiently, avoiding early weaning, is a fundamental role of the nursing professional.

The research revealed that despite being a topic with a lot of published content, there is a lack of studies that address beyond the physical benefits of breastfeeding and the consequences of its early interruption, the whole psychological issue that this process involves. The fact of promoting an intense bond and important emotional stimuli for parents and the baby only proves that these factors will have great influence on the child's psychic development and how it will relate to the world, which is why this study is extremely relevant, because it addresses a topic that should be more discussed and addressed more frequently by nurses who are the main source of care in health centers.

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