

The nurse's performance in the guidance of first parents about exclusive breastfeeding

RESUMO | Objetivo: Descrever a respeito das orientações dadas pelo enfermeiro na Atenção Primária à Saúde sobre o Aleitamento Materno Exclusivo, frente aos obstáculos apresentados por mães primíparas. Método: Trata-se de uma revisão integrativa da literatura realizada nas bases de dados, SCIELO, LILACS, BDNF, MEDLINE E CAPES sendo selecionados 10 artigos. Para a pergunta norteadora, utilizou-se a estratégia PICO e, para análise dos resultados, foi utilizado o fluxograma PRISMA. As buscas abrangeram o período de 2017 a 2022. Resultados: Com base na análise descritiva, evidenciou-se que os artigos que propuseram essa revisão apresentam considerações acerca das dificuldades apresentadas por primíparas e orientações dadas pelo enfermeiro sobre Aleitamento Materno Exclusivo. Conclusão: Os principais obstáculos encontrados por primíparas são referentes a orientações sobre o ato de amamentar, aspectos relacionados à mama, fatores sociodemográficos, culturais, familiares, processos emocionais e fisiológicos da mulher.

Descritores: Aleitamento materno, Saúde da criança e Atenção Primária à Saúde.

ABSTRACT | Objective: To describe about the guidelines given by nurses in Primary Health Care on Exclusive Breastfeeding, in the face of obstacles presented by primiparous mothers. Method: This is an integrative literature review carried out in the SCIELO, LILACS, BDNF, MEDLINE AND CAPES databases, with 10 articles selected. For the guiding question, the PICO strategy was used and, for analysis of the results, the PRISMA flowchart was used. The searches covered the period from 2017 to 2022. Results: Based on the descriptive analysis, it was evidenced that the articles that proposed this review present considerations about the difficulties presented by primiparous women and guidelines given by the nurse on Exclusive Breastfeeding. Conclusion: The main obstacles encountered by primiparous women refer to guidelines on the act of breastfeeding, aspects related to the breast, sociodemographic, cultural, family factors, emotional and physiological processes of women.

Keywords: Breastfeeding, Child Health and Primary Health Care.

RESUMEN | Objetivo: Describir acerca de las orientaciones dadas por enfermeras en la Atención Primaria de Salud sobre Lactancia Materna Exclusiva, frente a los obstáculos presentados por las madres primíparas. Método: Se trata de una revisión integrativa de la literatura realizada en las bases de datos SCIELO, LILACS, BDNF, MEDLINE Y CAPES, con 10 artículos seleccionados. Para la pregunta orientadora se utilizó la estrategia PICO y para el análisis de los resultados se utilizó el diagrama de flujo PRISMA. Las búsquedas abarcaron el período de 2017 a 2022. Resultados: Con base en el análisis descriptivo, se evidenció que los artículos que propusieron esta revisión presentan consideraciones sobre las dificultades que presentan las primíparas y orientaciones dadas por el enfermero sobre Lactancia Materna Exclusiva. Conclusión: Los principales obstáculos encontrados por las primíparas se refieren a orientaciones sobre el acto de amamentar, aspectos relacionados con la mama, factores sociodemográficos, culturales, familiares, procesos emocionales y fisiológicos de la mujer.

Palabras claves: Lactancia Materna, Salud del Niño y Atención Primaria de Salud.

Marcela Aparecida Fernandes Fonseca

Acadêmica de Enfermagem. Universidade Paulista (UNIP), Campus Brasília-DF, Brasil.
ORCID: 0000-0002-1061-6218

Virgínia Pires Antunes

Acadêmica de Enfermagem. Universidade Paulista (UNIP), Campus Brasília-DF, Brasil.
ORCID: 0000-0002-2518-1624

Lúcia de Medeiros Taveira

Mestre em Gerontologia (2015) pela Universidade Católica de Brasília (UCB). Graduação em Enfermagem pela Universidade Federal da Paraíba (1981) e Especialização em Saúde

Coletiva (1997) pela Universidade de Brasília (UnB). Atualmente é Professora no Curso de Enfermagem da Universidade Paulista (UNIP - Campus Brasília/DF), orientadora de TCC e tem experiência na área de Enfermagem, com ênfase na Saúde da Criança e da Mulher, Gestão em Saúde e Promoção da Saúde.
ORCID: 0000-0001-9907-2183

INTRODUCTION

Breast milk is one of the best ways to meet the needs of a child in the early stages of his life, and breastfeeding is an efficient way to meet nutritional deficiencies, immunological, psychological and affective, in order to provide better growth and development for the baby, as it is a complete food. 1

Breastfeeding is considered the first infant vaccine, loaded with several benefits and recognized as an important practice. Exclusive breastfeeding is recommended until six months of age, followed by the introduction of other nutritious

Recebido em: 16/02/2022

Aprovado em: 01/06/2022

foods, with the indication that the baby breastfeeds until they are two years old.²

The role of the professional nurse is important and necessary in the Basic Health Unit (UBS - Unidade Básica de Saúde). Prenatal care performed correctly leads to the promotion of breastfeeding, especially in primiparous, first-time mothers. In addition to technical and scientific knowledge, nurses need to pay attention to the mother's needs, in order to understand her as a bio-psycho-spiritual being, and consequently provide guidance on breastfeeding, removing fears and insecurities.³

Studies indicate that the prevalence of Exclusive Breastfeeding (EBF) in children under six months of age in Brazil indicated an upward trend, with 34.2% in the period from 1986 to 2006, 36.6% in 2013 and 56.6% in 2017, indicating improvement in prevalence rates. However, it is worth mentioning that the practice of exclusive breastfeeding in Brazil is still far from the ideal recommendations by the World Health Organization (WHO).⁴

Other relevant data reflect that progress in the practices of exclusive breastfeeding up to six months and continued breastfeeding could prevent, annually, the death of 823,000 children under five and 20,000 women from breast cancer, in addition to reducing treatment costs for childhood diseases. It is proven that infants who are breastfed for longer tend to have a lower risk of morbidity and mortality from infectious diseases, demonstrating increased intelligence and protection against overweight and diabetes in the future, as well as benefits for nursing mothers, such as prevention of breast and ovarian cancer and reduced risk of developing diabetes.⁴

The fact that many women, especially primiparous women, face difficulties in the practice of breastfeeding justified the present work, as they may be doomed to give up breastfeeding due to a series of factors, which will be presented for knowledge and discussion.

Therefore, this study aims to describe,

according to the literature, about the guidelines given by nurses in Primary Health Care (PHC) on EBF up to 6 months, in the face of obstacles presented by primiparous mothers.



Breastfeeding is considered the first infant vaccine, loaded with several benefits and recognized as an important practice.



METHOD

This is an integrative literature review, as it contributes to the systematic and analytical processing of the results,

because it is characteristic of the search for information on a subject or theme that summarizes the situation of science on a research problem, aiming at the clarity of the given theme.⁵

In the first phase, the guiding question of the research was elaborated. For the construction of the guiding question of this work, the PICo / PCC strategy was used, as described below: P - Population; I/Co - Interest/concept and C - Context. Thus, P was considered: primiparous mothers; I: breastfeeding; C: any comparison related to factors related to the role of nurses in PHC. In this perspective, the question constructed was: What is the role of nurses in PHC in relation to the guidelines that should be passed on breastfeeding to primiparous mothers?

For the second phase, a search strategy was produced using the descriptors: Breastfeeding (Aleitamento materno), Child Health (Saúde da criança) and Primary Health Care (Atenção Primária à Saúde) in the Scientific Electronic Library Online (SciELO), LILACS (Latin American and Caribbean Literature on Health Sciences) databases, BDENF (Nursing Database), MEDLINE (Medical Literature Analysis and Retrieval System Online) and CAPES Journal Portal in March 2022.

It was retouched, contemplating the third phase of the research with the application of the inclusion criteria previously established in the search strategy: articles published online in the last 05 years (2017 to 2021); available in Portuguese and in full; studies in the format of original articles from diverse scientific productions.

In the fourth phase, the abstracts of the retrieved studies were carefully read, excluding duplicates and those whose objective, results or conclusion did not address the role of nurses in PHC in relation to the guidelines that should be passed on breastfeeding to primiparous mothers.

The flowchart presented below (Figure 1) outlines the course of the bibliographic survey used by the researchers

to prepare this research, describing the results obtained from the search strategy according to the PRISMA flowchart.

RESULTS

General description of selected articles

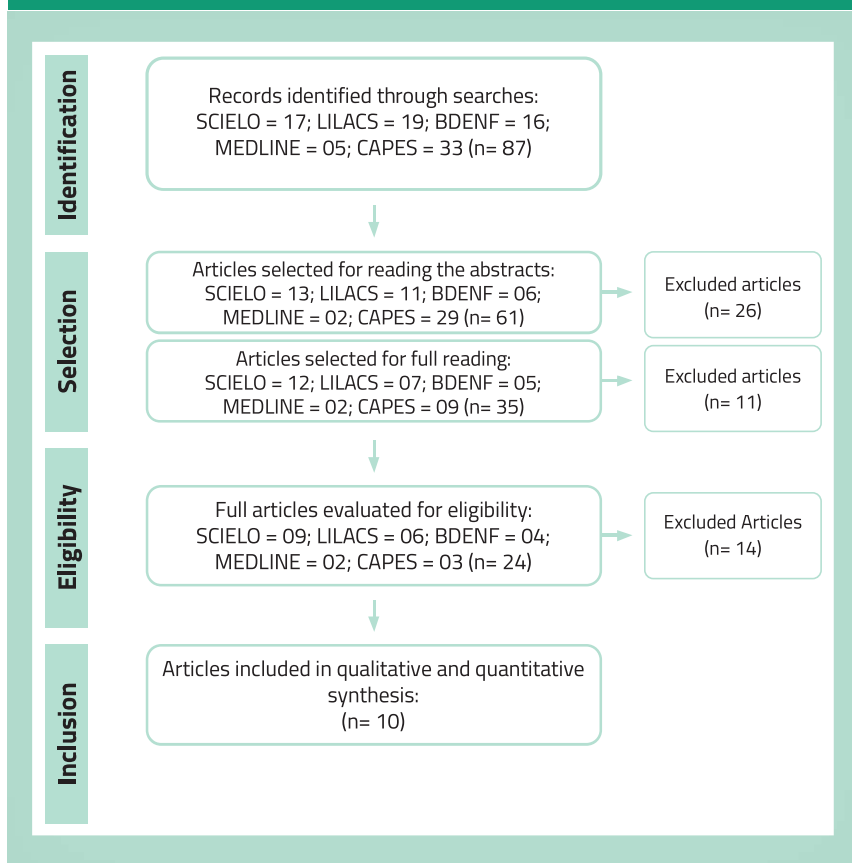
Table 1 presents information about the main articles contained in this review. The results were interpreted and synthesized, through a comparison of the data evidenced in the analysis of the articles.

Regarding the year of publication of the ten articles analyzed, it was found that the largest amount was published in 2021 with 4 articles (40%), followed by 2018 with 2 articles (20%), 2017 with 2 articles (20%), 2020 with 1 article (10%) and finally, 2019 with 1 article (10%). The most published journal was Revista Brasileira de Enfermagem with a total of 2 articles (20%) and the other 8 Journals, with 1 article each (total of 80%).

DISCUSSION

Based on the descriptive analysis, it was evidenced that the articles that proposed this review present considerations about the guidelines given by the pro-

FIGURA 1 - o fluxograma descritor dos resultados obtidos a partir da estratégia de busca de acordo com o fluxograma PRISMA.



Study selection flowchart. Brasília (DF), Brazil, 2022.

Table 1. Distribution of articles according to title, author(s) and year of publication, objective and methodology. Brasília (DF), Brazil, 2022.

	Journal, country and year of publication	Author(s)	Title	Outline	Results
Article 2	Revista Ciência & Saúde Coletiva. Brazil, 2019	Santos EM, Silva LS, Rodrigues BFS, Amorim TMAX, Borba JMC, Tavares FCLP	Assessment of breastfeeding in children up to two years old assisted in primary care in Recife, Pernambuco, Brazil (Avaliação do aleitamento materno em crianças até dois anos assistidas na atenção básica do Recife, Pernambuco, Brasil)	A descriptive cross-sectional study carried out at the Basic Health Units of Mustardinha, Jardim Uchôa, Fernandes Figueira and Upinha Novo Prado. Data were double-entered in Epi Info software version 3.5.1 for Windows and analyzed in SPSS software version 12.	Foram avaliadas 141 crianças, das quais 54,6% eram do sexo feminino, 22% tinham idade ≤ 6 meses, 21,3% entre 7 a 12 meses e 56,7% entre 13 e 24 meses. Ao analisar a prevalência de aleitamento materno exclusivo e total, verificou-se a mediana de 60,84 e 182,52 dias, respectivamente.
Article 3	Revista Latino Americana de Enfermagem. Brasil, 2017	Toriyama ATM, Fujimori E, Palombo CNT, Duarte LS, Borges ALV, Chofakian CBN	Breastfeeding: what has changed after a decade? (Aleitamento materno: o que mudou após uma década?)	Analysis of two cross-sectional studies, conducted one decade apart, with 261 and 302 children under two years of age, respectively. Kaplan-Meier survival analysis was used to calculate the median duration of breastfeeding, and Cox regression was used to analyze the determinants, with a significance level of 5%.	Constatou-se incremento de 33,4% na prevalência de aleitamento materno exclusivo e de 20,9% no aleitamento materno. Com relação a esse último, sua duração mediana aumentou de 7,2 para 12 meses. No segundo estudo, sua duração mediana foi menor em crianças de primeira ordem de nascimento, e que usavam chupeta, e não foi associada às ações de incentivo ao aleitamento materno.

Article 4	Revista Paulista de Pediatria. Brasil, 2021	Pereira TAM, Freire AKG, Gonçalves VSS	Exclusive breastfeeding and low birth weight in children aged zero to six months followed up in Primary Care in Brazil, 2017 (Aleitamento materno exclusivo e baixo peso em crianças de zero a seis meses acompanhadas na Atenção Básica no Brasil, 2017)	Observational, descriptive and ecological study based on data analysis from the Food and Nutrition Surveillance System. To assess EBF, Primary Care teams used markers of food consumption from the previous day. Regarding low weight, the following were used: height/age (H/A), weight/age (W/A) and body mass index (BMI)/age (BMI/A). Confidence intervals of 95% (95%CI) were calculated for the obtained prevalences, plotted on maps, by Federation Unit (FU).	Obteve-se dados de 88,7 e 32,2% dos municípios brasileiros em relação à antropometria e ao consumo alimentar, correspondendo a 167.393 e 66.136 crianças, respectivamente. As prevalências encontradas foram: AME – 56,6% (IC95% 56,2– 56,9); baixa E/I – 10,6% (IC95% 10,5–10,8); baixo P/I – 9,0% (IC95% 8,9–9,1); e baixo IMC/I – 5,8% (IC95% 5,7–6,0).
Article 5	Revista de Enfermagem UFPE online. Brasil, 2018	Silva AM, Santos MCS, Silva SRM, Ferreira FA, Freitas RSC, Santos REA, Gouveia MT	Exclusive breastfeeding: obstacles presented by primiparous women (Aleitamento materno exclusivo: empecilhos apresentados por primíparas)	Quantitative, field, exploratory and descriptive study, through the application of a semi-structured questionnaire with 30 participants. The package of resources and statistical techniques of the Microsoft Excel 2010 program was used for data analysis, frequency and proportion, presenting them through figures.	Apresentaram-se como principais empecilhos: os ambientes, as crenças, o leite materno dito fraco, o trabalho ou a ocupação da mulher, a falta de tempo, as mamas endurecidas, a pega incorreta e o bebê agitado.
Article 6	Revista Cuidarte. Colômbia, 2020	Barbosa KIP, Conceição SIO	Maternal sociodemographic factors associated with exclusive breastfeeding (Fatores sociodemográficos maternos associados ao aleitamento materno exclusivo)	Cross-sectional study conducted with 143 mother/child under 24 months of age assisted in four Basic Health Units in São Luís (MA). A first form was applied to collect socioeconomic and demographic data from mother-child binomials younger than 24 months. The second form was answered by 75 mothers with early interruption of exclusive breastfeeding.	Observou-se que 33,3% das crianças mantiveram a amamentação exclusiva até o sexto mês e o seu tempo foi maior (93,3%) entre as que eram beneficiárias de algum programa social.
Article 7	Revista Brasileira de Enfermagem. Brasil, 2018	Ramos AE, Ramos CV, Santos MM, Almeida CAPL, Martins MCC	Knowledge about breastfeeding and complementary feeding of health professionals (Conhecimento sobre aleitamento materno e alimentação complementar dos profissionais de saúde)	Cross-sectional study, with 168 professionals, carried out between June and September 2016. The Kruskal Wallis test was used to compare the averages of the percentage of knowledge about AM and CF, by professional category, and the contingency test, for association between the variables.	39,29% dos profissionais demonstraram bom conhecimento sobre AM e 2,38%, sobre AC; 74,4% dos entrevistados revelaram que não conheciam o programa Estratégia Amamenta e Alimenta. Houve associação positiva entre nível de conhecimento dos profissionais em AM e escolaridade, profissão e assistência em AM.
Article 8	Revista Brasileira de Saúde Materno Infantil. Brasil, 2021	Vasconcelos IN, Brito IMVP, Arruda SPM, Azevedo DV	Breastfeeding and infant feeding guidelines: dietary patterns and potential effects on the health and nutrition of children under two years of age (Amamentação e orientações sobre alimentação infantil: padrões alimentares e potenciais efeitos na saúde e nutrição de menores de dois anos)	Cross-sectional study developed in basic health units. Sample selected for convenience with 321 children under two years of age and their mothers. Food consumption was obtained through a 24-hour food recall. The principal component factor analysis method was used to determine dietary patterns. Associations between maternal variables and dietary patterns were tested.	Receber orientações sobre alimentação infantil relacionou-se a maior aderência aos padrões "misto" (p= 0,02; RP= 2,98; IC95%= 1,49-5,96) e "mingaus" (p= 0,026; RP= 2,10; IC95%= 1,09- 4,02). Experiência com aleitamento materno mostrou maior adesão aos padrões "mingaus" (p= 0,038; RP= 1,78; IC95%= 1,03-3,08) e "lanches" (p= 0,026; RP= 1,09; IC95%= 1,01- 1,18).
Article 11	Revista de APS UFJF. Brasil, 2017	Martins RMC, Montrone AVG	Learning among women in the family about breastfeeding and baby care: contributions to the performance of health professionals (O aprendizado entre mulheres da família sobre amamentação e os cuidados com o bebê: contribuições para atuação de profissionais de saúde)	Qualitative research with the participation of eight women from a low-income neighborhood. For data collection, a semi-structured interview was carried out. Data analysis was based on the assumptions of hermeneutic-dialectical analysis.	As avós são pessoas de referência na família, possuem diversos saberes sobre a prática da amamentação e os cuidados com o bebê, transmitindo-os para suas filhas e noras. Ao desenvolver ações de promoção, proteção e apoio ao aleitamento materno, profissionais de saúde precisam reconhecer e valorizar os saberes que as mulheres trazem da convivência em família, estabelecendo uma relação dialógica que permita a reflexão e ampliação desses saberes.

Article 12	Revista Brasileira de Enfermagem. Brasil, 2021	Febrone RR, Oliveira MIC, Rito RVVF, Moraes JR	Sustainability of the "Breastfeeding-Friendly Basic Unit" Initiative: a cross-sectional study (Sustentabilidade da Iniciativa "Unidade Básica Amiga da Amamentação": um estudo transversal)	Cross-sectional study conducted in 2016. Compliance assessment, carried out through interviews with health professionals, pregnant women and mothers. Association between compliance and satisfaction, analyzed by Spearman's correlation test; and association between contextual/individual characteristics and exclusive breastfeeding, by multilevel Poisson regression.	Compliance was 5.4-10 points and satisfaction was 36.8%-100%. Prevalence of exclusive breastfeeding was 56.7%. There was a correlation between compliance and satisfaction. Higher education, prenatal guidance, hospital discharge on exclusive breastfeeding, assistance in mixed units and the female sex of the child were associated with higher prevalence of exclusive breastfeeding; increasing age and pacifier use, to lower prevalence.
Article 13	Revista Cogitare Enfermagem. Brasil, 2021	Hirano AR, Baggio MA, Ferrari RAP	Amamentação, alimentação complementar e segurança alimentar e nutricional em uma região de fronteira	Pesquisa qualitativa com 12 mães e 12 profissionais de saúde de Foz do Iguaçu, no contexto da Atenção Primária à Saúde. Os dados foram coletados entre abril e outubro de 2019, por meio de entrevista semiestruturada e submetidos à Análise Temática de Conteúdo.	Foram identificadas três categorias: Aleitamento materno e alimentação complementar: direito da criança ao alimento seguro e adequado; Aleitamento materno e alimentação complementar: da orientação ao consumo; Amamentação, alimentação complementar e o contexto da Tríplice Fronteira.

Fonte: ANTUNES; FONSECA; TAVEIRA (2022).

professional nurse in the PHC on EBF up to 6 months. In this context, we chose to define three thematic axes, which are described below: Problems reported by primiparous mothers in relation to breastfeeding; Maternal sociodemographic factors associated with EBF and Nurse interventions to promote EBF.

1. Problems reported by primiparous mothers in relation to breastfeeding

According to a study carried out in 2018 regarding the main difficulties presented by primiparous mothers, it was evidenced that the presence of nipple fissure, poor latching and low milk production were the greatest difficulties pointed out,

and nipple injury has an incidence of approximately 80% in these mothers. The insufficiency of guidelines related to breastfeeding was presented in a study that identified that 42.3% of the research participants were not educated about breastfeeding during their prenatal care; 43.4% of pregnant women did not receive recommendations regarding breast care and 56.4% were not instructed in the maternity ward about the importance of breastfeeding.^{4,6}

In addition, studies indicate that there is predominantly early weaning in male

children, due to the belief passed between generations that breast milk alone is not enough, and it is necessary to anticipate the introduction of complementary foods.⁷

It is noteworthy that most of the difficulties encountered are preventable. It is not enough for nurses to have basic knowledge and skills in breastfeeding. He must also have the competence to communicate effectively, able to listen to complaints and then advise the nursing mother in the best way.⁸

2. Maternal sociodemographic factors associated with EBF

The early interruption of breastfeeding causes several damages to the health of the infant, related to the increased risk of gastrointestinal, respiratory and allergic complications. It may also be associated with factors such as early motherhood, primiparous women, low educational and socioeconomic level of the mother, lower quality of care in health services, lack of social and/or family support, among others.^{7,9}

In this sense, initiatives have been adopted within the scope of public health policies aimed at promoting, protecting and supporting the practice of breastfeeding, in order to present educational me-

asures and encourage breastfeeding.^{7,10}

It is worth mentioning that the Global Strategy for Feeding Infants and Children in Early Childhood, together with the Brazilian government, articulates actions such as the Breastfeeding and Feeding Brazil Strategy, the Baby-Friendly Hospital Initiative and the Brazilian Standard for Commercialization of Food for Infants (NBCAL - Norma Brasileira de Comercialização de Alimentos para Lactentes). When implemented, these actions significantly contribute to the improvement of health indicators, including breastfeeding rates.^{7,10,11}

3. Nurse interventions to promote EBF

The professional nurse can use several resources used in counseling to understand the uniqueness of each woman and practice verbal and non-verbal communication, use accessible and simple language, in order to offer space for the mother to speak, show empathy and interest, attesting to the nursing mother that her feelings are important and understood.^{2,8,11}

The primiparous, for experiencing something new, in most cases has doubts related to the process of caring for the child. In this scenario, she takes into account the experience of past generations,

who give her advice and instruct her in the way they learned. It is important to consider and know what was passed on by the family, but as a nursing professional, the primacy is for scientific evidence on the subject.¹²

It is important to advise the nursing mother in practice, demonstrating the proper position, grip and suction so that the baby can express milk efficiently and avoid complications related to breastfeeding, since incorrect latching can cause difficulty in emptying the breast, which consequently leads to reduced milk production.¹³

Another key point is when maternity leave ends and the woman needs to go back to work. The professional nurse, in order to encourage EB, should encourage

the mother to express and store milk for her child. This is a delicate situation (often painful) and a total choice for the nursing mother, but it is important that the nurse at least presents the advantages of this noble act.¹⁴

In the context of COVID-19, the guidance of adequate hygiene measures and always maintaining breastfeeding, using the recommended precautions, remains.¹⁵

CONCLUSION

Therefore, the main obstacles encountered by primiparous women refer to guidelines on breastfeeding, aspects related to the breast, sociodemographic, cultural and family factors, as well as wo-

men's emotional and physiological processes.

The nurse must, therefore, serve as a foundation for the mother, already during prenatal care. It is the moment of greatest opportunity to resolve doubts and provide guidance on breastfeeding. It is important to note that some nursing mothers idealize breastfeeding and are frustrated when faced with reality, making it necessary to establish a relationship of trust between the professional and the women in their puerperal pregnancy cycle.

It is also noteworthy that there are few studies on this topic with primiparous women. Thus, there is a chance of a different look at this public, which may not yet know the magnitude of EBF and its real benefits to the mother-child binomial. 🐦

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