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Transition to parenthood in the social context, extended family and friends, on pregnancy in late age.

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Background

Currently, there has been an increase of late motherhood, especially in western industrialized countries, mothers are having her first child after 35 years old. This phenomenon is associated with increase women's investment in their academic career, seek financial and marital stability, postponing the decision to be a mother. Women postpone maternity and decide to have their first child at an advanced age as evidenced in the statistics, mean age of women at childbirth increased to 31.2 years of age (INE, 2017). In this period, women who become mothers mentioned family members, as the most important in family support, providing material or financial and emotional support and taking care of children (Rodrigues, 2008). Our qualitative research will enable pregnant women to describe the experience and main difficulties in this transition, allowing us to know their needs as Midwives, developing appropriate interventions facilitating the transition to parenthood.

Objective

Describe the experience on pregnancy in late age at the social context, extended family and friends;

Methods

The qualitative study with descriptive phenomenological approach it was performed at a purposive sample consisting of 35 women, in late age in the third trimester of pregnancy. Was applied an unstructured open interview, after informed consent. Data were analyzed according to the descriptive phenomenological method of Amedeo Giorgi (2010). From data analysis of the qualitative study, we proceed to the transformation of the units of meaning, perceiving the meaning of the phenomenological reduction and the imaginative variation, being important in the identification of the essential structures of the phenomenon.

Results

From the data, 35 women are more representative between 35 and 39 years old. We also show that there is less representation of the sample between 40 and 45 years, a fact that may be related to the decline in fertility after 35 years, as mentioned by Leme (quoted by Rodrigues, 2008). In the analysis of the speech the maternal experiences of the transition to parenting during pregnancy emerged as an essential structure, emerging the context: transition to parenting and the social context, extended family and friends. In this context, emerge the following key constituents: Changes in social life; Family support and the Support of friends and neighbours.

Changes in social life

Parents reduces their social life with friends, taking into account that they started the process of preparing for the arrival of a new member to the family.

"Most of my friends are parents and their kids are already at high school, so they have lots of time to go out and socialize. (...) I think I will miss them..." G10

I miss my friends... I think when the baby born it will be even worse, because we are not going out at night with the baby, and my friends are more available at night." G21

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Family support

Family support is important to women during pregnancy. This is a period of changes, making pregnant woman more vulnerable, needing all the support of the family, to feel more secure and confident in this stage.

“(…) My parents (…) have already experience with my nephews and are always willing to help (…) they are available to take care of their granddaughter when I start work.” G4

“My parents and my parents in law are giving me all the support right now and when my son born they will be take care of him. He will not need to go to kinder-garden.” G14

Support of friends and neighbours

Sometimes without a family, they supported on their friends and neighbours, identifying them as crucial, establishing a relationship of help and support.

“I have a second mother, my parents are no longer here... if I need anything she will come to help me. She has always supported me in everything(…)” G16

“(…) my family is far away from me ... but I have friends, they are like family (…) We are really close to each other.” G23

The results showed that most participants mention a decrease in social interaction with friends during pregnancy. They refer that family support is crucial but, in its absence, they have the support on friends and neighbours.

Conclusion

This research allow us to understand how motherhood is lived and experienced by these women, evidencing their concerns. In this way and knowing the specific needs of this group, the Midwives, can develop appropriate interventions, through sharing groups or parenting preparation courses for parents in order to consider as a priority area in nursing care.

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