

# Atención Primaria

ISSN: 0212-6567

  
**semFYC**  
Sociedad Española de Medicina de  
Familia y Comunitaria  
[www.semfc.es](http://www.semfc.es)

**Mayo 2013**  
Vol. 45. Especial Congreso I



**World Congress**  
of children and youth health behaviors



IV National Congress on Health Education



**VISEU 2013**  
**PORTUGAL**



### **BECOMING A FATHER OR A MOTHER, THE FIRST YEAR OF THE CHILD'S LIFE: AN EXPLANATORY NURSING THEORETICAL MODEL**

Cristina Martins

*Nursing School of Minho University, Portugal.*

*Contact details: cmartins@ese.uminho.pt*

**Introduction:** Raising a child is a great responsibility and challenge and demands deep transformation and adaptation in the parents' lives. This is likely to cause imbalance and vulnerability to themselves and to have implications in the child's development.

**Objectives:** To understand the nature of the transition to parenthood during the child's first year; to identify the personal, social and communitarian conditions in which it occurs and to understand the nature of its action; and also to comprehend the parents' patterns of response. The aim was to develop a mid-range theory contributing to the improvement of the quality of nursing care provided to the family during this transition.

**Methods:** Grounded Theory, semi-structured interviews, participant observation, constant comparative approach and theoretical sampling. Data was collected in the parents' homes, at five time points, a total of 75 interviews on 43 visits. Five fathers and five mothers participated in the study.

**Results:** Being a father, being a mother: an interaction-based process in the making is the core category of the explanatory theoretical model found. This represents the emergence of a force that enables the parent's personal transformation, motivated to child care and the restore of the necessary strength for the daily struggle which represents the parenthood. It demonstrates the continuous movement of the intra and interpersonal parents' organization, which outweighs the temporality of the parental condition as an identity reconstruction.

**Conclusions:** The concepts identified enhance the knowledge base of parenthood as a phenomenon and demonstrate a need to reflect on interventions in practice at the level of primary health care.