

Promotion of adjustment to the exercise of parental role in adolescence

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Introduction: Parental exercise itself constitutes a very demanding challenge, as it emerges from the construction of basic skills and knowledge in caring for, protecting, developing and bonding (parents-child), with the birth of the first child. However, when pregnancy occurs in adolescence, often unplanned, it converges tasks of different stages of development, irreversibly modifying an identity, roles and functions, not only of the young woman, but also of her family. *Objectives:* applying the Dynamic Model of Family Assessment and Intervention (MDAIF), by Figueiredo (2013), and assessing the impact of nursing care in the promotion of skills for a transition to the parental role's exercise in the teenager and her family.

Methods: Qualitative study, conducted based on MDAIF, as a theoretical and operational reference, in clinical and community context in Primary Health Care, based on the process of family intervention who experienced an adolescent pregnancy, of which resulted from an *online* relationship. The newborn's father, nine years older, did not assume his paternity. The evaluation and family intervention were developed according to the dimensions and evaluative categories of the operative matrix of the referential, and Maternal postnatal bonding Scale (Camarneiro & Justo, 2007) was also used. Seven nursing consultations to family were carried out, as a unit, from April to May 2016. A documentary analysis of the records made by the family nurse was carried out.

Results and Discussion: Extended family, with several subsystems and strict limits. Middle-class family. According to Duval (1977), family with adolescent children. Although unplanned, and the antagonistic relationship with her parents, the instrumental and emotional support provided by them became critical in adapting to motherhood and the newborn's development.

Conclusions: With MDAIF's use, nurses have developed their skills for a personalized approach to the family, centered on the adaptation and holistic transition to the parental process. It also made it possible to respond to the identified family needs, not only through the restructuring of a parental and personal identity, based on values, personal and professional goals and priorities (the teenager pursued her academic training), but also promoting a family environment based on trust and harmony.

Palavras-chave: Adolescente; Poder familiar; Ajustamento emocional; Enfermagem de atenção primária.

Keywords: Adolescent; Parenting; Emotional adjustment; Primary care nursing.

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