

## **P-995 - FIRST-TIME PARENTS: DIFFICULTIES/NEEDS IN CARING OF THE NEWBORN AND THE ADJUSTMENT TO THE PARENTAL ROLE IN POSTPARTUM PERIOD**

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**Introduction:** Postpartum period is a time of transition, of adjustments to the parental role. This transition calls for changes in role relationships, especially in the first-time parents.

**Aim:** Identify difficulties and needs of the first time parents related to the interaction with the newborn and to the adjustment to the parental role.

**Method:** Qualitative study using the descriptive phenomenological approach. Inform consent was obtained during the hospitalization after childbirth. Saturation of data was obtained with a group of 25 first-time fathers, using unstructured interviews in the parent's home place.

**Results:** Two essential structures emerged from the meaning units of the experiences of the first-time parents adjustment to the postpartum, the first described a positive experience and the second one a negative experience. From the positive key constituents we highlighted: getting to know the baby; the sense of responsibility to the parental role; the sense of family; the greater cooperation and union of the couple. As negative key constituents: insecurity in baby care; experiencing parenthood with emotional vulnerability that is labelled as a period of lack of time to take care of oneself; less time for the couple and less social activity.

**Conclusions:** This phenomenological study provides a deep understanding of the needs of first-time parents with the essential structures of the process of paternal adjustment in the period of the post-partum, and generates implications to improve it, specially the postpartum home visit, support groups in the Health Centres, and a maternity postpartum phone line as suggested by the participants.