

ABSTRACT

About the maternity period it looks as if sanitary culture has always kept some sort of silence. After the delivery, the assistance seems to be more oriented to the baby or to the breast feeding woman than to the relationship between mother and child or mother and dad.

The midwife cannot become the only leading mark of all the problems related to this precise family life moment.

However, the woman who has just delivered must know that she can count on real sanitary and psychological skills.

In the social contest of the last fifty years it is difficult for a woman who have just had a baby to find the right arrangement able to emphasize her new rule.

Once upon a time women in puerperium were supported by large families which permitted her to take more care of their child, but today, because of the social or familiar structure evolution this kind of situation is much more rare.

The real art of assistance during the puerperium is to understand how the woman is fitting herself to her new rule, how does she feels toward herself, her child or her companion, and how she must recognize and give importance to her perceptions and emotions. The art of assistance is to help the woman to define the modalities and the type of help coherent with her real needs.

It must be said that psychological problems are in general more complicated than physical ones even if we can say that those concepts are correlated.

Then it is important to receive practical advices and care, but it is all the more weighty to be encouraged and reassured in order to take care of the new-born.

During the puerperium, one shouldn't only identify assistance as the breast feeding period but it is also important to consider the affective post – partum experience. It is important to understand that puerperium is a significant affective experience and that's why is problematic.

The sensitive context is often as important as the delivery.

It seems to be useful to enter in sympathy with women and parents problems, to privilege comprehensive behaviour and to recognize the need of being supported and assisted.