

A PARTICIPAÇÃO PATERNA NO PRÉ-NATAL, PARTO E PUERPÉRIO NA ATENÇÃO PRIMÁRIA À SAÚDE: DESAFIOS E IMPACTOS NO CUIDADO MATERNO-INFANTIL.

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Introdução: No contexto brasileiro, observa-se que a participação paterna ainda ocorre de forma limitada e irregular, especialmente no período pós-parto. Estudos indicam que, embora haja crescente interesse dos pais em participar dos cuidados com os filhos, persistem lacunas relacionadas à orientação, ao preparo e ao incentivo oferecido pelos serviços de saúde, o que impacta diretamente o engajamento paterno nesse processo ¹. **Objetivo:** Este estudo foi desenvolvido com o objetivo de analisar a produção científica sobre a participação paterna no ciclo gravídico-puerperal na Atenção Primária à Saúde. **Metodologia:** Trata-se de uma revisão de literatura de caráter descritivo e analítico, realizada a partir da análise de estudos científicos sobre a participação paterna no ciclo gravídico-puerperal, abordando desafios, determinantes sociais e impactos da paternidade ativa no cuidado materno-infantil. **Discussão:** A participação da figura masculina do genitor no período gestacional é reconhecida como relevante para o cuidado materno-infantil, embora ainda seja limitada por barreiras estruturais, organizacionais e socioculturais ¹⁹. Evidências indicam que estratégias educativas, tecnologias, intervenções comunitárias e modelos de cuidado contínuo podem ampliar o acesso, o suporte familiar e a qualidade da assistência, favorecendo o envolvimento paterno ao longo do pré-natal, parto e puerpério, proporcionando benefícios para o âmbito familiar e para a educação dos filhos. Nesse contexto, a paternidade ativa está associada a melhores desfechos maternos e neonatais, especialmente quando integrada a serviços de saúde mais acessíveis, humanizados e centrados na família. O apoio social percebido é um fator decisivo para a adesão aos cuidados pós-parto, sendo a rede de suporte essencial para a continuidade da assistência entre mãe e filho. Mulheres com maior apoio social apresentam maior frequência às consultas puerperais, destacando a importância das relações familiares nesse período. Sendo assim, o pai se configura como um elemento relevante dessa rede, influenciando o acesso e a adesão aos serviços de saúde, contribuindo para a promoção do cuidado materno-infantil ²³. **Conclusão:** É possível concluir que o fortalecimento da integração plena familiar depende de mudanças assistenciais e socioculturais, bem como da implementação de políticas que incentivem a inclusão ativa do pai no cuidado perinatal.

Palavras-Chaves: Saúde materno-infantil, Relações Pais-Filho, Atenção Primária à Saúde

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