

CE-AE). The results were obtained using descriptive statistics. All the ethical principles were respected.

Results: The scale obtained for this sample had a Cronbach's alpha of 0.904. The study included 71 nurses aged between 22 to 58 years old (mean = 41.93, SD = 8.52). Most of them were married (75%), 66.2% were graduates and 31% were teachers. The majority (75%) worked in primary health care units. With regard to the agreement of the importance of families in providing nursing care, the answer in global terms ranged from "strongly disagree" to "completely agree". 75% of the results is above the answer "I agree". The different factors that subdivided the scale also had equal weight. The factor "family as a burden" was the one who got lower score.

Conclusions: The nurses in this study consider important the family involvement in the nursing care they provide.

Keywords: Family. Nursing care.

INTERGENERATIONAL INFLUENCE IN NEWBORN CARE: A QUALITATIVE STUDY

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Introduction: The birth of a child requires the use of critical support resources to face the difficulties and to help parents adjust to the new situation. The family, which owns common sense knowledge, seems to play an important role in the care of newborns.

Objectives: To know which intergenerational family knowledge that interfere with newborn care and understand the meanings of the developed health practices.

Methods: The study was descriptive exploratory with a qualitative approach, carried out in three municipalities of Braga with 50 postpartum women. The data was collected through semi-structured interviews conducted six weeks after childbirth in the domicile of the postpartum women. The data was submitted to content analysis based on Bardin (2009).

Results: The interviewee 'speeches recognize that the women who participated in the study, whether from urban or rural areas, use a whole set of knowledge and family practices, which we may call home medicine, as complementary or alternative use to that preconized by health professionals health in connection to consultation. The information received by postpartum women particularly target the "care for the newborn," such as the first bath at home, the care of the umbilical stump or measures to minimize cramps. The received cares were essential to maintain the quality of life and mental health of the women, and to address, as appropriate, the new situation of being a mother, by increasing its confidence levels.

Conclusions: The results demonstrated the social and cultural role of the family in the care of the newborn in order to promote the health of mother and child. It would be important to include the family in the care throughout the pregnancy postpartum process.

Keywords: Care. Newborn. Family. Cultural diversity.

FAMILY RESILIENCE IN THE CONTEXT OF DEPENDENCY

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Introduction: Resilience is a dynamic process that results in a positive adaptation in great adversity contexts. The study of family resilience arises given the importance of the individual's interac-

tion with the emotional and social environment, the study of family characteristics susceptible to contribute to family resilience.

Objectives: To know the family resilience level dependent; know the person familiar characteristics dependent that relate to their level of resilience; and know the characteristics of the dependence of the person that relate to family resilience level.

Methods: This is a quantitative and descriptive correlational study. Data were collected from a non-probabilistic sample of 36 accidental family caregivers of dependent person who resorted to outpatient medicine or have been admitted to medical services and surgery Hospital Cova da Beira, through form.

Results: We found that the relatives of dependent people mostly have low levels of resilience and medium and high level of self-esteem. Are predominantly females, aged under 56, children (as), nuclear families, retirees(the)/retired(as) and unemployed(as). Mostly, the person is totally dependent for more than 24 months and the dependence of the reason has to do with pathologies associated with human aging process. We found the existence of relationship between family type and level of resilience; between self-esteem and resilience level and between time dependence and family resilience level.

Conclusions: It is vital to health professionals, including nurses, encourage the family caregiver and compliment your care, be attentive to your needs and teach you how to take care of your family dependent.

Keywords: Resilience. Family. Dependency. Self esteem.

PARENTING EVIDENCE-BASED PROGRAMS (EBP): A STUDY WITH PORTUGUESE PARENTS

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Introduction: It is apparent that improving parent and child relations should be a major goal of any parental EBP. In other words, parents who care and support their children and have a good relationship and involvement are more willing to invest time in monitoring and supervision them and communicating their expectations that their children.

Objectives: To examine the Strengthening Families Program (SFP) pre-posttest outcomes for Portuguese parents.

Methods: The outcomes were compared using SFP 6-11 Years data with Portuguese families (n = 41) using a quasi-experimental 2-repeated measures (pre-to posttest). Results on 5 parents outcomes were measured using the standardized SFP instruments and analysed using 2-repeated measures (pre-to posttest).

Results: 100% of the five outcomes variables have shown significant improvements (p < 0.05). The largest amount of positive change was found in parental supervision (d. = 0.62) and the smallest changes in parenting skills (d. = 0.38).

Conclusions: Evidence-based prevention approaches, such as SFP, should be supported because they have enduring impact on increased parenting outcomes.

Keywords: Parenting EBP. Portuguese parents. SFP.

CHILDREN RIGHTS: PERSPECTIVES OF DIFFERENT GENERATIONS

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Introduction: The United Nations General Assembly adopted the Convention on the Rights of the Child- Magna letter for children