

Research Reviews

Transition to Motherhood

Nelson, A. M. (2003). Transition to Motherhood. JOGNN, 32(4), 465-477.

A central concern of nurses are the transitions in life when people go through major changes. The transition to motherhood poses significant adjustment challenges for most women. Understanding the transition processes from pregnancy through postpartum may help to guide the quality of support to promote adaptation. Evaluation of nine qualitative studies yielded two processes inherent in maternal transition. The primary social process is engagement, which is necessary in order to grow and become transformed. Only through making a commitment to mothering, experiencing the presence of the child, and being actively involved in child care does the mother grow and become transformed. Growth and transformation is further solidified through the realization that one is a mother. Additional themes expand these processes.