

IMPROVING MOTHER'S KNOWLEDGE ABOUT COMPLEMENTARY FEEDING FOR CHILDREN AGED 6-24 MONTHS

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SUMMARY

Complementary feeding is supplementary food given to babies after 6 months of age to 24 months of age to meet nutritional needs other than breast milk. The role of supplementary foods is not as a substitute for breast milk but to complement or accompany breast milk. Complementary feeding is influenced by several factors, namely local culture, family traditions and the assumption that breast milk alone is not sufficient to meet the needs of the baby. Lack of parental knowledge about complementary feeding according to the age of the baby can have an impact on the increasing incidence of obesity along with the risk of cardiovascular disease in the future and have an impact on decreased growth. Based on the above problems, the writer has an idea or idea to make a booklet entitled "Complementary Foods to Healthy Breastfeeding Ages 6-24 Months". This booklet is expected to provide information and education to parents about giving complementary foods according to the age of the baby, namely the age of 6 months and increase knowledge about giving healthy complementary breastfeeding for babies.

The MP-ASI booklet is a printed media that contains the meaning, conditions, objectives and impact of complementary feeding. Booklet media as a means of health education can provide knowledge about healthy complementary breastfeeding for babies.