

METHOD OF BABY MASSAGE AS AN EFFORT TO INCREASE BABY WEIGHT

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Essence

Baby massage is the oldest therapeutic touch which is done with slow and gentle stroking movements on the baby's entire body starting from the baby's feet, stomach, chest, face, hands and back. According to World Health Organization data, it shows that babies who are underweight reach 98 million. Meanwhile, body weight is the most important anthropometric indicator for assessing growth and development in babies in fulfilling their nutrition. One of the ways to increase baby's weight is Baby Massage. In this day and age many mothers do not know the benefits of baby massage. The benefits of baby massage itself can increase baby weight, increase milk production, increase the baby's immune system, and provide effective baby sleep. Time for massage is done in the morning and at night before the baby sleeps for 2 weeks 2 times a day. One of the media that can be used in providing information is a booklet. Booklets can be used with the aim of increasing the knowledge of mother babies, because booklets provide more specific information. It can be concluded that the booklet media can provide information in increasing knowledge about infant massage to increase weight in infants.

Keywords : Baby Massage, Body Weight, Booklet