

SUMMARY/ ESSENCE

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INCREASED KNOWLEDGE OF WORKING MOTHERS ON LACTATION MANAGEMENT THROUGH POCKET BOOK MEDIA

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Background: The more women who work, the more it affects efforts in exclusive breastfeeding. This final task is about lactation management in working mothers, because it has been done several times simulation of lactation management but working mothers have not shown a level of lactation management knowledge well. This is due to the short period of leave while pregnant or giving birth with an average of three months, limited time or busy work, and the availability of facilities while breastfeeding at work that causes the use of bottled milk or formula milk given early leboh. **Purpose:** Can provide and help working mothers in finding and increasing knowledge about lactation management in working mothers. **Method:** The method used is to use pocket book media as a solution to help mothers work on lactation management, so that working mothers can still provide breast milk exclusively. **Result:** The pocket book media that the author generates will be disseminated to working mothers and health cadres as well as the general public. **Conclusion :** Pocket book media can provide information on how to improve lactation management knowledge in working mothers, so that working mothers can apply in everyday life.

Keywords : *Knowledge, Lactation, Working Mothers, Pocket Book.*

