

***MARMET TECHNIQUE AS AN EFFORT TO LAUNCH AND INCREASE
THE PRODUCTION OF BREAST MILK IN POST-CAESAREAN SECTION
MOTHERS BY VIDEO METHOD***

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SUMMERY

Background : Caesarean sectio is a surgery to give birth to the fetus through slices on the abdominal wall and uterine wall. The coverage of exclusive breastfeeding in 2019 is 67.74% according to Kemenkes RI (2019) the problem of smooth production of breast mil is mostly experienced by post-caesarean mpthers due to pain that inhibits the production of hormones prolactin and oxytocin.

Method : this research method ussed video media with the title “Marmet Jitu Thecnique To Increase And Launch the production Of Breast Milk In Post Partum” with this marmet technique promoted to the public is expected to be one of the alternatives to overcome the problem of the lack of production of breast milk, so that with the presence of this marmet technique all babies can get enough exclusive breast milk. ***Purpose*** : The output prodused is in the form of a video as a medium of information and education for post partum mothers.

Conclusion : The video entitled “The Right Marmet Techique To Increase And Streamline Breast Milk Production In Post Partum Mothers” in the order to increase knowledge and be easy to understand and can be utilized the community, because so far many in my neighborhood don’t want to breastfeed their babies after post-caesarean section just because the milk doesn’t come out.

Keywords : Caesarean, Breast Milk, Marmet