

EFFORTS TO IMPROVE MOTHER'S KNOWLEDGE IN SUPPLYING complementary foods for infants aged 6-12 months

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SUMMARY

Background; *Infants are individuals aged 0-12 months who are characterized by rapid growth and development accompanied by changes in nutritional needs. In 2018 in Indonesia the number of babies aged 0-12 months reached 4,810,130. Babies need complementary foods (complementary foods) in order to grow and develop properly. MP-ASI is a process of transitioning intake from ASIA to semi-solid family foods in stages such as the type, quantity, frequency and texture and consistency until the baby's needs are met. Giving food or drinks to babies less than 6 months of age is giving complementary foods too early.* **Method;** *the media used to add information and knowledge is in the form of pocket books.* **Result;** *Pocket books can be a medium for independent learning, can increase the knowledge of mothers in providing complementary foods to babies aged 6-12 months and increase their insights in giving healthy complementary breastfeeding for babies 6-12 months.* **Conclusion;** *MP-ASI pocket book for babies aged 6-12 months can be used by the community, especially mothers in giving complementary foods to their babies.*

Keywords :*Babies, Complementary Foods to Breastfeeding, Pocket Book*