

**INCREASING KNOWLEDGE AND SKILLS OF INFANT MASSAGE
TO MOTHER OF TODDLERS THROUGH
POCKET BOOK MEDIA**

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SUMMARY

Background; *One of the factors affecting the low knowledge and skills of infant massage by toddler mothers is the lack of counseling from health facilities to posyandu cadres or to mothers of toddlers. Low knowledge of infant massage in local communities resulted in mothers entrusting massage to traditional birth attendants. Baby massage is a movement with slow and gentle strokes on the baby's entire body starting from the baby's feet, stomach, chest, face, hands and back. Baby massage is one of the fun ways to relieve tension and feelings of restlessness in babies.* **Methods;** *Media Information and Education Communication (IEC) as a media for health education providing information to the public and physiotherapists aimed at increasing knowledge and skills of infant massage.* **Result;** *The Pocket book design with a size of 10x13 cm consisting of 53 pages. The writing using times new roman letters with a font size 9 and a space of 1,5. The pocket book using white basic color.* **Conclusion;** *Knowledge about baby massage that mothers need to know, is such as the definition of baby massage, the right time to massage, preparation before doing massage and baby massage techniques with a pocket book as a media of communication, information and education are expected to improve. knowledge and skills of mothers about baby massage.*

Keywords:

Knowledge, Skills, Baby massage, Mother