

BREAST CARE TO IMPROVE ASI PRODUCTION "

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ESSENCE

Breast Care is an effort to increase breastmilk by doing massage massages to provide stimulation to the breast muscles / breast glands to produce breast milk. This is because the breast is an essential organ for producing breast milk, which is the staple food for newborns, so that the treatment must be taken. Do it as early as possible. If you don't do it, the risks that arise such as the production of breastmilk that is released are a little due to lack of breast care during breastfeeding.

In increasing breastmilk production in infants, the main problem is that mothers need information on how to care for breasts when breastfeeding their babies. It is necessary to provide information about Breast Care.

The method used is the poster method of explaining based on existing theories and has been published in the form of a Final Project Report.

The result of the Final Project Report is to provide breast care to increase milk production in breastfeeding mothers.

Keywords: Breast Care, Breast Milk Production