

OXYTOCIN MASSAGE TO INCREASE MILK PRODUCTION IN POSTPARTUM MOTHERS THROUGH POSTER MEDIA

Luluk Pebiyani
lulukpebiyani1807@gmail.com
Faculty of Health Sciences
'Aisyiyah University Surakarta

ESSENCE

Background: After giving birth, a mother will experience discomfort throughout the body, stress and worry that she will not be able to meet the needs of breast milk for her baby. This will inhibit the secretion of the hormone oxytocin, which plays a role in breast milk production. Oxytocin massage is a massage along the spine (Vertebre) to the fifth or sixth rib for 2-3 minutes, functions to increase oxytocin, so that breast milk can come out smoothly. Information about oxytocin massage to increase milk production in postpartum mothers can be socialized through the media, one of which is the poster media.

Purpose: Posters can be used as a media of education for public health, especially postpartum mothers who have problems with breast milk failure to find out how to increase milk production through oxytocin massage.

Output description: The theme of this poster is Tips to increase breast milk production by way of oxytocin massage for postpartum mothers and is made using *Microsoft Word 2010* with a size of 80 x 60 cm.

Conclusion: A poster about oxytocin massage has been created to increase milk production in post-partum mothers and can be used as a medium of education, communication, and information.

Keywords: *Breast milk , Oxytocin Massage, Post Partum*

