

**EFFORTS TO FACILITATE BREAST MILK USING  
BREAST CARE METHOD WITH  
VIDEO MEDIA**

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**SUMMARY**

**Back Ground** : Breast Care is an effort to stimulate the secretion of oxytocin to produce breast milk as early as possible and is an important role in the processing of breastfeeding problems. Massage techniques and also stimulate nipples done Breast Care is an exercise such as the effect of suction of the baby as a trigger for milking, as a mother breastfeeding her baby, breast care and also putting it is very important. **Methods** : Management of breast milk increase can be handled in a non-pharmacological way, one of which is breast care with video media. **Result** : Video media can be used with the aim of increasing knowledge and also providing clearer and easier-to-understand information because there are images, sounds and also writings in it so as to motivate people to do it independently. **Conclusion** : Breast Care Video Media (Breast Care) is expected to facilitate breast milk production in Post Partum Mothers who have problems with their breast milk and people are expected to be motivated to apply it in their daily lives independently.

**Key Words** : Breast Care Technique, Breast Milk, Video