

**BABY MASSAGE EDUCATION AS AN EFFORT TO INCREASE BABY WEIGHT
THROUGH BOOKLET MEDIA**

Pesta Ari Pratiwi¹, Irma Mustika Sari²
pestaari075@gmail.com
Aisyiyah Surakarta University

SUMMARY

Background; *Babies who have a birth weight record are 56.6%, while babies born with LBW are 6.2%. Central Java Province in 2019 the infant mortality rate caused by LBW was 40.5%. Infancy is the most important period in the growth and development of children who are at risk of experiencing LBW. LBW has a higher risk of death, growth and development delays during childhood. Mother is a woman who has given birth to her baby. Ignorance of knowledge is one of the important factors that affect the increase in baby weight. The purpose of this final project is to increase knowledge of mothers about efforts to increase baby weight through booklet media.*

Method; *This final project is a self-made project in accordance with the references obtained in journals and books, the media used is booklets.*

Results; *The output of this final project in the form of a booklet entitled "Let's Increase Baby's Weight with Baby Massage" is expected to provide benefits to the community, especially mothers who have babies.*

Conclusion; *Providing education through booklet media is effective to increase mother's knowledge about baby massage to increase baby's weight.*

Keywords; *Baby massage, Baby weight, booklet*