

**APPLICATION OF BREAST CARE TECHNIQUES TO FACILITATE
THE EXPENDITURE OF BREAST MILK FOR POSTPARTUM
MOTHERS IN RSUD KABUPATEN KARANGANYAR**

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ABSTRACT

Background: Exclusive breastfeeding helps babies survive and build the antibodies they need to be protected from various diseases, increasing the number of breastfeeding mothers globally has the potential to save the lives of more than 820,000 children under five and can prevent an additional 20,000 cases of breast cancer in women every year. Objective: To find out the results of the implementation of giving breast care to improve breastfeeding for postpartum mothers in the Teratai 1 room at Karanganyar Hospital. Method : This type of research is a case study using a descriptive research method. Results: The results of 2 respondents before breast care did not come out, then 2 respondents after breast care breast milk came out smoothly in postpartum mothers at the Karanganyar Regency Hospital. Conclusion: there is a difference that after breast care has been carried out, it is able to have an effect on increasing the volume of breast milk in postpartum mothers and is very effective for milk production.

Keywords: Breast care, breastfeeding, postpartum mothers