

PREVENTING STUNTING BEFORE CRIMINAL; THE IMPORTANCE OF THE FIRST 1000 DAYS OF LIFE

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SUMMARY

Background: *Stunting is one of the condition of malnutrition in children which is related to malnutrition in the past so that it is included in chronic nutritional problems. One of the causes of stunting is poor parenting patterns from parents, especially mothers towards their children. The mother's parenting style is closely related to the mother's level of knowledge. Lack of maternal knowledge can make the mother's parenting role less effective, resulting in stunting in toddlers.*

Objective: *Increase the knowledge of mothers of toddlers in Samiran Village regarding stunting prevention.*

Method: *This smart education activity was carried out in Samiran Village, Selo District, Boyolali Regency, which was attended by 21 mothers of toddlers. This activity was carried out using two methods, namely health counseling and discussion with the help of power points and health promotion using cards in the form of games.*

Results: *when viewed from the results of the analysis test using the paired sample t-test on the mean, the results of the questionnaire for the mean pre-test were 63.76; while for the mean post test of 78.43. So if we look at the increase in the mean post test, there is an increase in the knowledge of mothers of toddlers by 14.67.*

Conclusion: *This smart education activity was successful in increasing the knowledge of mothers of toddlers in Samiran Village regarding stunting prevention.*

Keywords: *Knowledge, Mothers of Toddlers, Stunting.*