

APPLICATION OF BREAST CARE TO IMPROVE BREAST MILK PRODUCTION IN POSTPARTUM MOTHERS

Nimas Naida Ayu Imardi¹, Mulyaningsih²

adiannaida726@gmail.com

Universitas 'Aisyiyah Surakarta

ABSTRAK

Background: *The postpartum period in the mother lasts from the day of birth to 6 weeks after, where exclusive breastfeeding to the baby is essential. One of the efforts that can be made to increase breast milk production is breast care.*
Objective: *This study aims to evaluate the results of the application of breast care to postpartum mothers in increasing breast milk production in Palur Village, Sukoharjo Regency.*
Methods: *This study uses a descriptive approach with a case study, namely by observing and interviewing two respondents of postpartum mothers who experienced problems in breast milk production and was conducted for 2 days in the morning and afternoon for 30 minutes.*
Results: *There was an increase in breast milk in Mrs. S from 2 to 10, while in Mrs. M there was an increase in breast milk from 3 to 10.*
Conclusion: *After the implementation of breast care for postpartum mothers in Mrs. S and Mrs. M, there was an increase in breast milk production. This shows that breast care can increase breast milk production.*

Keywords: *Breast Care, Postpartum, Breast Milk Production*