

**POCKET BOOKLET ON BODY WEIGHT OPTIMIZATION IN BABIES  
AGED 1-3 MONTHS WITH MASSAGE INTERVENTION**

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**SUMMARY**

**Background:** Birth weight is an indicator of health in newborn babies. The average weight of a normal baby is around 3200 grams. The baby's weight at birth really depends on the mother's nutritional status before and during pregnancy. A pregnant mother will give birth to a healthy baby if her health and nutritional levels are in good condition. According to the World Health Organization (WHO), 2017, the incidence of baby weight in the world is still below standard, namely more than 5% with the prevalence of underweight in Southeast Asia being 26.9%. Meanwhile, the prevalence of underweight in the world globally is 14%. According to the Indonesian Health Profile in 2017, the percentage of nutritional status caused by body weight at age (0-23 months) was 11.3%, while in 2018 the percentage of undernutrition was 11.45. One effort that can reduce nutritional problems is that parents can provide good stimulation for children to develop their potential to the maximum. A common form of stimulation that parents use for babies is tactile stimulation in the form of baby massage.

**Method:** Using a description of the outcome of a pocket book with a theme entitled "The Effect of Baby Massage on Optimizing the Weight of Babies Aged 1-3 Months Through Pocket Book Media" using the Canva software application.

**Results:** Pocket book entitled " Pocket book on optimizing the weight of babies aged 1-3 months using massage intervention".

**Conclusion:** A pocket book has been created as an educational tool to provide a source of knowledge to the public about baby massage which can help optimize baby weight.

**Suggestion:** It is hoped that parents, especially those who have babies, can understand and comprehend the benefits of baby massage to help optimize the baby's weight.

**Keywords:** baby's weight, baby massage