

***EDUCATION ON SUCCESSFUL BREASTFEEDING WITH KATUK
LEAVES FOR BREASTFEEDING MOTHERS TO INCREASE BREAST
MILK PRODUCTION THROUGH POCKET BOOK MEDIA***

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SUMMARY

Background: *The low coverage of exclusive breastfeeding shows that not many mothers are successful in providing breast milk to their babies. One of the influencing factors is the cessation of breastfeeding to babies on the grounds that breast milk production is insufficient. Consuming natural ingredients such as Katuk Leaf Vegetables can increase breast milk production. The iron content of katuk leaves is superior to papaya leaves and cassava leaves. Apart from that, it is also rich in vitamins A, B1 and C. Besides being rich in protein, fat, vitamins and minerals, katuk leaves also contain tannins, saponins and papaverine alkaloids. How to consume it is by making clear katuk leaf vegetables, katuk leaf tea, katuk leaf juice, soup or katuk leaf broth and katuk leaf puree.* **Method:** *Using a description of the outcome of a pocket book with a theme entitled "Breastfeeding Success with Katuk Leaves" created using a Canva software application with a size of 10 x 13 cm.* **Results:** *Pocket book entitled "Breastfeeding Success with Katuk Leaves".* **Conclusion:** *Can provide a source of knowledge to people who have the problem of low breast milk production so they can understand and comprehend Katuk Leaf Vegetable which helps in overcoming the problem of breast milk production.*

Keywords: *Breastfeeding Mother, Breast Milk Production, Katuk Leaf Vegetable.*