

# EDUCATION OF WARM BREAST COMPRESSES AS EFFORTS TO INCREASE THE ADEQUACY OF BREAST MILK FOR POST PARTUM MOTHERS THROUGH BOOKLET MEDIA

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## SUMMARY

**Background:** *Insufficient breast milk that occurs in the first week of birth causes problems for the baby and mother. The baby's fluid intake decreases, resulting in a lack of fluids characterized by fussiness and an increase in body temperature. Treatment for postpartum mothers who complain of insufficient breast milk must be done immediately and appropriately. There are several efforts that can be made, including warm breast compresses. Warm compresses on the breast will provide stimulation to the hypothalamus through the hypothalamic medulla and will suppress the release of factors inhibiting prolactin secretion and conversely stimulate the release of factors that stimulate prolactin secretion. This hormone stimulates the alveoli cells which function to make milk, so that breast milk production can increase.* **Objective:** *creating Communication, Information, Education Media (CIE) about warm compresses aims to provide post partum mothers with knowledge and be able to carry it out independently, and it is hoped that can increase adequate breast milk production.* **Method:** *The method used in KIE media is in the form of a booklet which is expected to provide benefits for post partum mothers as a source of knowledge to increase breast milk adequacy.* **Results:** *The resulting media is expected to be able to become one of the CIE media that can be used by midwives to increase knowledge to the wider community, especially for post partum mothers as an effort to increase breast milk adequacy with warm compresses, and mothers are able to carry it out themselves.* **Conclusion:** *CIE media is used as a media for promotion, communication, information, education for post partum mothers in increasing breast milk adequacy.*

**Keywords:** *Warm Compress, Mother's Milk*