

**THE EFFECT OF FEEDING PAPAYA ON INCREASING  
BREASTMILK PRODUCTION IN BREASTFEEDING  
MOTHERS  
WITH BOOKLET**

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**SUMMARY**

**Background:** Breast milk (ASI) is an essential nutrient that contains white blood cells, immunoglobulins, enzymes, hormones and specific proteins as well as other nutrients needed for the baby's continued growth and development. Failure in the breastfeeding process is often caused by several problems, both maternal and baby problems. The problem that arises during breastfeeding is that the mother often complains that her baby is crying because there is not enough breast milk and this also causes the decision to stop breastfeeding. Non- pharmacological management of the lack of breast milk production in breastfeeding mothers can be done by giving papaya fruit. Papaya is one of the fruits that contains lactagogum which can increase or facilitate breast milk production. **Objective:** This Communication, Information and Education provides information to readers or the public about how to use papaya to increase breast milk production in breastfeeding mothers. **Method:** The method used in Communication, Information and Education is a booklet. **Results:** The output is in the form of a booklet about how to use papaya to increase breast milk production in breastfeeding mothers. **Conclusion:** There is effectiveness in giving papaya fruit to increase breast milk production

**Keywords:** breast milk, papaya