

OXYTOCIN MASSAGE ON BREAST MILK PRODUCTION FOR PUBTER'S MOTHER

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SUMARRY

Background: postpartum is the period during labor and immediately after birth until the reproductive organs return to their pre-pregnancy state. Postpartum is the period that begins after the birth of the placenta and ends when the womb returns to its original state before pregnancy, which lasts for 40 days. The changes that occur in postpartum mothers include all body systems, one of which is an increase in breast milk production. The reason why breastfeeding has not been achieved is influenced by several factors, one of which is the lack of smooth production of breast milk which is caused by a lack of stimulation of the hormones oxytocin and prolactin, so that alternative measures are needed or in the form of oxytocin massage, because oxytocin massage is very effective in helping to stimulate breast milk. **Objective:** To increase public knowledge and insight about Oxytocin Massage on Breast Milk Production in postpartum mothers and can be used as an educational medium for students and health workers. **Method:** The booklet's output description entitled "Oxytocin massage on breast milk production in postpartum mothers" was created using a Canva application with a size of 3.5 x 8.5 inches. **Results:** booklet entitled "Oxytocin massage on breast milk production in postpartum mothers". **Conclusion:** It is hoped that the creation of this booklet media can increase the wider public's knowledge about Oxytocin Massage to increase breast milk produktion.

Keywords: Oxytocin Massage