

**MESSAGE IN BREASTFEEDING MOTHERS  
IN THE WORKING AREA OF THE TRIMOHARJO HEALTH CENTER  
WITH POCKET BOOK MEDIA"**

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**ESSENCE**

**Background:** *New methods introduced to prevent and overcome this problem include Lactation massage. Lactation massage is a massage technique performed on the head or neck, back, spine and breasts which aims to stimulate the hormones prolactin and oxytocin, The video output media aims to enable mothers to apply each baby massage movement independently to provide comfort to mothers and is expected to increase knowledge about therapy for breastfeeding mothers.*

**Purpose:** *This communication, information and education provides information to readers or the public about lactation massage, which is a massage technique performed on the head, neck, spine, spine and breasts, with the output in the form of a video, with the hope that breastfeeding mothers will be able to understand and understand the steps of lactation massage more clearly.*

**Method:** *The method used in Communication, Information and Education is a video*

**Results:** *Output in the form of a video about the effectiveness of lactation massage for breastfeeding mothers. The pocket book aims to make breastfeeding mothers interested and understand the pocket book with the soup that has been explained.*

**Conclusion:** *the effectiveness of lactation massage in breastfeeding mothers can increase breast milk production in breastfeeding mothers*

**Keywords:** *breastmilk, lactat, Prolaktin, oksitosin*