

## **EDUCATION ON CURCUMA BOILED WATER CONSUMPTION FOR SMOOTH BREAST MILK PRODUCTION IN POSTPARTUM MOTHERS**

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### SUMMARY

**Background:** Breast milk is an ideal food for growing babies. The benefits of breastfeeding and breast-feeding are tremendous, saving lives. Breastfeeding is a way to meet the best nutritional needs for babies. During the puerperium, the cause of the mother cannot provide exclusive breastfeeding due to factors in the nutritional state of the mother. One way to launch breast milk production in postpartum mothers is to consume ginger. Curcuma also contains the active substance xanthorrhizol which can help facilitate the production of breast milk for puerperal mothers. Media that midwives can use in providing care and services in the form of IEC is booklets. Booklet is a collection of information that is summarized concisely with a unique and interesting form so that it is easy to understand the information. This is the reason why the author made the Booklet output. **Method:** the IEC output method used in the form of a booklet entitled "Education on Curcuma Boiled Water Consumption for Smooth Breast Milk Production in Postpartum Mothers" was made using the Canva application. **Result:** booklet entitled "Education on Curcuma Boiled Water Consumption for Smooth Breast Milk Production in Postpartum Mothers". **Conclusion:** the creation of a media booklet in providing information and knowledge to postpartum mothers in order to utilize Curcuma as a non-pharmacological therapy to facilitate milk production. **Suggestion:** postpartum mothers who breastfeed can use Curcuma to improve the smooth production of breast milk.

*Keywords : Postpartum Mothers, Smooth Breast Milk Production, Curcuma*