

EDUCATION ON THE BENEFITS OF GIVING SOY MILK TO INCREASE MILK PRODUCTION IN BREASTFEEDING MOTHERS

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SUMMARY

Background: Breast milk (ASI) is the best life fluid needed by babies. Breast milk contains various substances that are important for baby's growth and development and according to their needs. Breastfeeding is the production and expenditure of breast milk. One way to increase breast milk production is to consume soy milk. Soy milk is a processed drink from soybean juice as one of the local foods containing lagtagogum which can stimulate the hormones oxytocin and prolactin such as alkaloids, polyphenols, steroids, flavonoids and other substances that are effective in increasing and launching breast milk production. 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:** IEC output method used in the form of a booklet entitled "Soy Milk to Increase Milk Production in Breastfeeding Mothers" was made using the Canva application wich was tested on respondent. **Results:** booklet entitled " Soy Milk on Increasing Breast Milk Production in Breastfeeding Mothers" can increase respondents' knowledge. **Conclusion:** the booklet can used as a media to provide information and knowledge to breastfeeding mothers in order to utilize soy milk as a non-pharmacological therapy to facilitate breast milk production.

Keywords: Breastfeeding, Breast Milk Production, Soy Milk