

## POCKET BOOK EDUCATIONAL MEDIA ABOUT THE BENEFITS OF BABY MASSAGE ON THE QUALITY OF BABY'S SLEEP

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### SUMMARY

**Background:** Sleep problems in babies often occur at the beginning of life, which is influenced by several factors such as environmental, physical and emotional factors which cause babies to wake up frequently at night. To overcome sleep disorders, namely by giving baby massage. Baby massage can stimulate cells to release endorphins (endogenous morphine: substances that make the body feel fresher and more comfortable). **Objective:** Creating Educational and Information Communication (KIE) media about the benefits of baby massage on the sleep quality of babies aged 0-6 months as promotive media and carrying out the role of midwives in stimulating baby growth and development. **Method:** The method used in this KIE media was pocket book entitled "Babies Sleep Soundly with Massage Therapy" which was tested on 3 respondents regarding the content. **Results:** The pocket book entitled "Babies Sleep Soundly with Massage Therapy" was able to increase the knowledge of trial respondents. **Conclusion:** The Pocket Book can be used as a media for promotion, communication, information, education which can provide a source of knowledge to the public about stimulating baby growth and development as early as possible.

**Keyword:** Pocket Book , Sleep Quality, Baby Massage