

EFFORTS TO INCREASE BREAST MILK PRODUCTION BY GIVING SOY MILK BREASTFEEDING MOTHERS

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SUMMARY

Background: Breastfeeding babies can build their immune system or immune system. Each mother's ability to breastfeed varies and several problems in breastfeeding such as blistered nipples, flat or sunken nipples, swollen breasts, breast milk not flowing smoothly or not coming out, and mastitis. One way to increase breast milk production is by consuming soy milk, which is a processed drink from soybean starch juice which has many nutritional content and benefits. Its potential in prolactin such as alkaloids, polyphenols, steroids, flavonoids and other substances is effective in increasing and facilitating breast milk production. The media that midwives can use in providing care and services in the form of KIE is video. Video is a form of technology for recording, capturing, processing and transmitting and rearranging moving images. This is the reason why the author made the video output. **Method:** the KIE output method used in the form of a video entitled "Efforts To Increase Breast Milk Production By Giving Soy Milk Breastfeeding Mothers" was made using the Capcut and Canva application which was tested on respondents. **Results:** The video entitled " Efforts To Increase Breast Milk Production By Giving Soy Milk Breastfeeding Mothers" could increase respondents' knowledge. **Conclusion:** videos are effectively used as a medium to provide information and knowledge to breastfeeding mothers so that they can use soy milk as a non-pharmacological therapy to facilitate breast milk production.

Keywords: Breastfeeding, Soy Milk