

GREEN BEAN JUICE TO IMPROVE BREAST MILK PRODUCTION IN PUBLIC MOTHERS THROUGH POCKET BOOK MEDIA

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SUMMARY

Background : Mother's milk (ASI) is an ideal food that serves the baby's nutritional needs, especially in the first 6 months and protects him against possible insect diseases. Nationally, the coverage of babies receiving exclusive breastfeeding in 2021 is 56.9%. The food consumed can increase breast milk production, namely green bean juice. Peanut juice is an option because it contains 20-25% protein which can help increase breast milk production. **Objective:** to find out whether giving IEC using pocket book media is effective in increasing breastfeeding mothers' knowledge about efforts to increase breast milk production by consuming green bean juice. **Method:** Using pocket book media, namely determining the title and theme that will be taken, designing the design that will be made using the Canva application. **Results:** after testing on 4 respondents, it shows that this pocket book is effective in increasing mothers' knowledge about efforts to increase breast milk production by consuming green bean juice. **Conclusion:** This pocket book media is useful for increasing postpartum mothers' knowledge about how to increase breast milk production.

Keywords: postpartum mothers, green bean juice, pocket book