

**PURSED LIP BREATHING TECHNIQUE EDUCATION BY BLOWING
BALLOONS TO REDUCE CHILDREN'S RESPIRATORY
DISORDERS THROUGH VIDEO**

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SUMMARY

Background: *Background: In developing nations, acute respiratory infections, or ARIs, are now one of the main causes of death for children. According to the WHO, ARI kills over 13 million babies annually, with a mortality rate of 40 per 1,000 live births, or 15-20% annually. Using modified pursed lips breathing therapy in conjunction with balloon blowing activities is one of the non-pharmacological treatments for respiratory problems. Objective: As an educational effort for children and parents regarding pursed lip breathing exercises to improve respiration in children with ARI. Method: Method: Pursed Lips Breathing (PLB), its benefits, indications, contraindications, required materials, implementation time, and SOP for PLB with balloon blowing are all covered in this promotional movie, which is a KIE media product. Results: Through social media platforms like YouTube, the KIE media, in the form of a 14-minute, 886.4-MB video titled "Overcoming Respiratory Disorders in Children with Balloon Blowing Exercises," can be directly shared with the community, particularly with children who suffer from ARI and health professionals. Conclusion: Communication Information Education media for parents with children suffering from ARI related to PLB exercises with balloon blowing can train and minimize ARI respiratory disturbance symptoms.*

Keywords: *ARI, Lips Pursed Breathing, Children.*