

**EDUCATION ON BREAST CARE WITH LAVENDER OIL TO INCREASE
BREASTMILK PRODUCTION IN NURSING MOTHERS
THROUGH VIDEO MEDIA**

Maulida Nur Ikhsan
maulidanuril607@gmail.com
Universitas 'Aisyiyah Surakarta

ABSTRACT

Background: Breastfeeding is a long-term investment that is very valuable for the optimal health of babies and mothers. Breastfeeding coverage in Indonesia itself is still low, seen from the condition of babies in Indonesia still lacking optimal nutrition, this causes baby growth to be less than optimal and can even cause increased cases of death in infants. To overcome this problem, one of the efforts to increase breast milk production is to do breast care using lavender oil. **Objective:** Knowing the making of Communication, Information and Education (IEC) media about breast care as a promotive media to increase breast milk production. **Methods:** The method used uses IEC media in the form of videos as a promotional media containing understanding, benefits, materials and steps of breast care with lavender oil. **Results:** IEC media in the form of this video can be distributed directly to the public, especially breastfeeding mothers and health cadres through social media platforms, such as YouTube. **Conclusion:** Educational video media entitled "Breast Care with Lavender Oil" is expected to increase understanding and knowledge, and can increase the mother's motivation to increase breast milk production.

Keywords: Breastfeeding, Breast Care, Lavender Oil