

THE IMPORTANCE OF FOLIC ACID IN PREGNANCY WITH POCKET BOOK MEDIA

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ABSTRACT

Background: *One of the essential nutrients needed during pregnancy is folic acid. A deficiency in folic acid can cause damage to the brain and brainstem. Providing educational materials using media is necessary to increase pregnant women's knowledge about the importance of folic acid. The author was interested in using pocket books because they offer practical advantages, attractive designs, small booklets that are easy to carry anywhere, and concise, concise content that requires less time to read.* **Objective:** *To create media in the form of book pocket for add knowledge pregnant mother about importance of folic acid in pregnancy.* **Method:** *Output book pocket made use application Canva in its compilation. Book pocket then through the revision process, input from supervisor and five respondents, as well repair from author.* **Result:** *Educational media in the form of book pocket contains 16 pages entitled "Folic Acid is A Friend of Pregnant Woman" which contains information about importance nutrition folic acid as well as own Right Riches Intellectual Property (IPR).* **Conclusion:** *The creation of media pocket book about importance folic acid in pregnancy that can used as means interesting promotions, information and education readers, especially pregnant mother.*

Keywords: *Folic Acid, Pregnancy, Pocket Book*