

## **EDUCATIONAL VIDEO MEDIA ABOUT EXCLUSIVE BREASTFEEDING TO IMPROVE THE GROWTH OF BABIES 0-6 MONTHS**

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### **SUMMARY**

**Background:** Breast milk is source the most complete nutrition for baby . Giving breast milk means provide substance nutrition valuable things needed For growth And development nervous system And brain as well as give immunity to various disease And build strong emotional bond between Mother And the baby . **Objective:** to provide IEC, namely to find out the benefits of exclusive breastfeeding for the growth of babies from 0-6 months and to increase the knowledge, attitudes and practices of mothers in providing exclusive breastfeeding, so as to optimize the growth and development of babies and add information and knowledge for postpartum mothers. **Method:** a description of the output of the video entitled "Video Educational Media About Exclusive Breastfeeding to Improve the Growth of Babies 0-6 Months" was made using a software application, namely Canva . **Results:** a video entitled "Video Educational Media About Exclusive Breastfeeding to Improve the Growth of Babies 0-6 Months". Nutrition complete antibodies in breast milk support development physique And immunology baby , reduce risk disease infection And increase heavy body as well as tall optimal body . **Conclusion:** the video was made by the author to increase public knowledge, especially postpartum mothers, to continue to provide exclusive breastfeeding. **Keywords:** Breast milk Exclusive, Growth, Baby 0-6 Months.