

EDUCATION ON PREVENTING STUNTING IN INFANTS AGED 6-24 MONTHS WITH COMPLEMENTARY FOODS USING BOOKLETS AS MEDIA

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Summary

Background: Stunting is a condition of impaired growth in children due to chronic malnutrition, particularly during the first 1,000 days of life. The prevalence of stunting in Indonesia remains high. One of the main causes is the lack of maternal knowledge in providing appropriate Complementary Feeding (MPASI). Adequate, safe, and timely MPASI is essential to prevent stunting and support the optimal growth and development of children aged 6–24 months. **Objective:** To develop an Information, Education, and Communication (IEC) media in the form of a booklet titled "Prevent Stunting with Complementary Feeding (MPASI)" as an educational tool for mothers of toddlers. **Method:** The booklet was developed through a literature review, visual design using Canva, and content preparation based on scientific references. A trial was conducted on three respondents to evaluate the content, design, and effectiveness of the booklet. **Result:** The developed booklet contains essential information about stunting prevention through MPASI. The trial showed that respondents found the booklet attractive, easy to understand, and informative. **Conclusion:** This booklet serves as an educational medium to enhance understanding of proper MPASI in efforts to prevent stunting. It can be used by healthcare providers, parents, and educational institutions.

Keywords: Stunting, Complementary Feeding, Booklet