

GIVING SOY MILK TO INCREASE ASI PRODUCTION IN POST PARTUM  
MOTHER IN GENDINGAN VILLAGE

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*ABSTRACT*

**Background:** *Mother's milk (ASI) is the best natural nutrition for babies. Breast milk production is a major problem for mothers who have just given birth, in addition to the problem of drowning or flat nipples, swollen breasts, babies are reluctant to suckle because of improper techniques or short-tongued babies. Ways to increase milk production can be done by giving soy milk because soybeans contain 35% protein which can help increase milk production because in soy milk there are isoflavones, alkaloids, polyphenols, steroids, and other substances that stimulate the hormone oxytocin and prolactin which are effective in increasing and facilitate the production of breast milk.* **Objective:** *To describe the results of giving soy milk to the milk production of post partum mothers in Gendingan Village.* **Research Methods:** *This study conducted observations using an observation sheet. This study described the production of breast milk in post partum mothers on day 3 for 7 days with 250 cc of soy milk in the morning, afternoon and evening.* **Results:** *Obtained results before the administration of soy milk in both Respondents found that breastfeeding was not smooth. Whereas after giving soy milk to the two respondents, breastfeeding was smooth.* **Conclusion:** *Provision of soy milk can increase milk production.*

*Key words: Soy milk, ASI production*