

## ABSTRACT

### GIVING PEPAYA FRUIT TO TRANSMITTING ASI PRODUCTION TO BREASTFEEDING MOTHER IN MOJO VILLAGE

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**Background;** Exclusive breastfeeding is breastfeeding until the baby is 6 months old. The coverage of exclusive breastfeeding in Indonesia is still low at 55.7%. The reason is there are still some mothers who complain that the ASI production is small, so the mothers turn to the formula. There are many ways to produce breast milk, one of which is eating foods that increase breast milk, one of which is eating papaya fruit (*carica papaya*). **Purpose;** Describe the results of applying papaya fruit to improve the smooth production of breast milk in nursing mothers. **Method;** The method used is descriptive method, using 2 respondents of breastfeeding mothers on day 3 who experience non-smooth milk production given papaya fruit  $\pm$  300gr for 7 days. **Results;** The results of observations from both respondents before being given papaya milk were not smooth, after being given papaya fruit for 7 days the milk was smooth. **Conclusion;** Giving papaya fruit can facilitate milk production in post partum mothers.

**Keywords:** papaya fruit, milk production.