

THE APPLICATION OF BREAST CARE TO SMOOTH BREAST MILK OF POST PARTUM MOTHER IN THE WORKING AREA OF AMPEL HEALTH CENTER BOYOLALI

Okky Intan Ayu Nuraini
okky.intan16@gmail.com
STIKES 'Aisyiyah Surakarta

ABSTRACT

Background : Decrease breastmilk production at the first day after uttering may caused of less stimulate hormone prolactin and oxytocin have role within smooth breastmilk production. Movement to breastcare useful expedite breastmilk excretion reflexs. In the other hand to effective manner increase breastmilk volume. **Objective** : To find out the implementation of breast care toward to the smoothness of post partum mothers's breast milk in the working area of Ampel health center, Boyolali district. **Method** : Used observational method with research instrument used questionnaires of the smoothness of breast milk with 10 of the question. Respondents taken in this research were two post partum mothers in the working area of Ampel health center, Boyolali district. **Results** : After breast care in 2 consecutive days with a duration of 30 minutes, breast milk in both respondents became smooth. **Conclusion** : breast care is proven to help launch breast milk in post partum mothers, when mother do more breast care better so breast milk will more smooth.

Keyword : Breast care, breast milk, post partum mother