

PROVIDING BREASTCARE TO FACILITATE BREAST PRODUCTION IN POSTPARTUM MOTHERS

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SUMMARY

Introduction; Nifas period is an important time for mothers and babies after childbirth. According to the Health Profile in Central Java Provnsi in 2017, exclusive breast milk achieved 54.4%, a slight increase compared to exclusive breast milk achievement in 2016. The cause of the onsanion of breast milk is the lack of stimulation of the hormones prolactin and oxytocin. Breast treatment performed by stimulating the breasts will affect the pituitary to secrete more progesterone and estrogen hormones and oxytocin hormones by stimulating the mammary glands through massage. **Purpose;** to publish the results of research that has been done by previous researchers namely Breastcare (*Breastcare*)Breast Care to Launch Breast Milk Production in Nifas Mothers. **Method;** The method used is to create an outside pocket book to be published and interest in public reading. **Results;** Breast care in the mother nifas day 1-2 is carried out 2 times a day before bathing and evaluated after breast care there is an increase in breast milk production in the mother nifas. **Conclusion;** Breast care performed on nifas mothers proved effective in increasing breast milk production in Nifas mothers.

Keywords: *Childbirth, Breastfeeding, Breastcare*