

**INFANT MASSAGE EDUCATION TO INCREASE THE BABY WEIGHT
USING BOOKLET MEDIA**

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SUMMARY

Background : *Weight is one of the factors to assess the nutritional status of baby. If the baby's weight has increased, it indicates a good nutritional status. The current problem in Indonesia is that many of babies have Red Line Weight (BGM). One of the non-pharmacological actions to increase baby weight is by giving baby massage. Baby massage is a gentle touch to the baby's body starting from the feet, stomach, chest, face, hands and the back of the baby with love and can provide continuous body contact between parents and baby for 15 minutes.*

Method : *The author used booklet media because in the booklet there is information that can be educated about the baby massage. With the booklets media, mothers who have babies can increase their knowledge about the benefits of baby massage. The method used is in the form of booklet media made using the Canva application.* **Result :** *The output of booklet media with the theme Smart Baby Massage for Baby Health as an effort to broaden the public's insight, especially for mothers who have babies.* **Conclusion :** *The media booklet on Infant Massage for Baby Health can provide information on how to increase weight in babies and various other health benefits of the infant massage method.*

Keywords : *Massage, Baby, Weight, Body, Booklet*