

BABY MASSAGE EDUCATION TO IMPROVE BABY'S WEIGHT THROUGH BOOKLETS

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SUMMARY

Background: Indonesia second highest for wasting prevalence among 17 countries in the region, which is 12.1%. The results of basic health research in 2018 on the nutritional status of infants 0-59 months, stated that the percentage of malnutrition in Indonesia was 3.9%, the percentage of undernourished was 13.8%, while the percentage of very short infants was 11.5% and 19.3%. The target of undernutrition coverage in Sukoharjo Regency in 2019 is <5%. The achievement of the percentage of undernourishment in Sukoharjo Regency was 4.1% but there were still puskesmas areas where the malnutrition rate did not reach the target, namely Weru Health Center (5.8%), Bendosari (6.4%), and Gatak (6.8%)., while the achievement target in Sukoharjo Regency is <25%, the infant rate in Sukoharjo Regency has met the set target. **Method:** The method booklet that the author uses is the IEC media which is expected to be a source of information on the educational grace of this baby massage. **Result:** The booklet with theme baby messege to improve baby's weights will be HKI at the Universitas 'Aisyiyah Surakarta, if it is already on the HKI, the booklet can be applied to readers. **Conclusions:** As education for readers that can be applied well as well as health education that can be studied well.

Keywords : Baby, Massage, Booklets