

**EXCLUSIVE BREASTFEEDING EDUCATION TO IMPROVE
THE NUTRITIONAL STATUS OF INFANTS AGED 0-12
MONTHS THROUGH POCKET BOOK**

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ABSTRACT

Background; *The Indonesia Health Profile (2018) data shows that there are 3,9% severely wasted, wasted 13,8%, 12, 8% severely stunted toddlers, 17,1% stunted toddlers, 4,5% very thin and 7,2% underweight toddlers. Different nutritional status in society is influenced by the provision of nutritional intake from mothers to babies. Exclusive breastfeeding as the main nutritional intake for infants aged 0-12 months will affect nutritional input so that the growth and development of the child is also affected. Babies who are exclusively breastfed have good nutritional status. Babies who are not breastfed have a poor nutritional status.* **Methods;** *The IEC output method used was in the form of a pocket book containing the benefits of exclusive breastfeeding for the nutritional status of infants aged 0-12 months.* **Result;** *The theme of this pocket book is about the benefits of exclusive breastfeeding for the nutritional status of infants aged 0-12 months, with the results of exclusive breastfeeding that can improve the nutritional status of infants aged 0-12 months. exclusive breastfeeding results can improve the nutritional status of infants aged 0-12 months* **Conclusion:** *pocket book media can provide information and knowledge to the public, especially pregnant women and nursing mothers about the benefits of exclusive breastfeeding for the nutritional status of infants aged 0-12 bulan.*

Key Words: *Exclusive breastfeeding, infants nutritional status.*