

**EDUCATIONAL MEDIA TO SPREAD BREAST MILK ON THE 7th DAY
OF POSTPARTUM SC MOTHERS**

BY USING VIDEO

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Background: Breast milk is a white liquid produced by the mother's breast glands through the breastfeeding process (Khasanah, 2011). Post partum mothers with Sectio secaria usually experience a decrease in the volume of breast milk so that it does not meet the nutritional needs of the baby. Therefore, to meet the adequacy of breast milk in infants, use acupressure therapy at points ST16, ST 17 and ST 18 so that it can stimulate the pituitary to secrete the hormones prolactin and oxytocin.

Goal: want to promote to the public that acupressure can

facilitating breastfeeding in postpartum mothers. Method : Provide education to the community by providing examples of the application of acupressure points using videos that will later be published. Conclusion: Acupressure can stimulate acupoints, it can help regulate the process of uterine involution and milk ejection and restore balance during the postpartum period. With the output in the form of this video, it will explain the acupressure technique and it is useful for the smooth production of breast milk in postpartum mothers.

Keywords: ASI, SC, Acupressure