

MUROTTAL SURAH AL-BAQARAH VERSES 233-252 IN INCREASING ASI PRODUCTION WITH BOOKLET MEDIA

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SUMMARY

Background: The production of exclusive breast milk in mothers will be hampered if the mother is in certain conditions caused by several factors including rest time, maternal food intake, psychological factors, not only that, reduced stimulation of the hormone prolactin and the hormone oxytocin can also be an obstacle for the mother. in providing exclusive breastfeeding. The medicines consumed by the mother and the mother's knowledge of breast care can also be an important influence on breast milk production. To increase the secretion of breast milk from the mother's breasts, it is very important to have the letdown reflex work. Listening to the holy verses of the Qur'an can be an alternative to increasing the letdown reflex. By listening to murotal a person will become calm, which will stimulate the brain to release endorphins, so that the mother will relax and the letdown reflex can work optimally. Booklets provide important, clear and concise information that is presented in an attractive manner with added pictures or illustrations so that it can be understood well by readers. **Method:** Using booklet media to provide an Information and Education Communication (KIE) approach created using the Canva application with the title "Murottal surah Al-baqarah Verses 233-252 in Increasing Breast Milk Production Using Booklet Media", this booklet is considered to have been presented well, content The material presented is quite clear and easy to understand, it is easy for respondents to imitate the steps of each movement shown. **Conclusion:** A media booklet has been created to educate the public, especially breastfeeding mothers, regarding the Murottal Surah Al-Baqarah Verses 233-252 on Increasing Breast Milk Production which mothers can do to help increase the amount of breast milk.