

Giving Honey To Improve The Production Of Breast Milk
In Post Partum Mothers In BPM Faida Sholihatun
Polokarto

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ABSTRACT

Background; breast milk (ASI) is the most important substance in the life cycle of humans. ASI contains various nutrients needed in the process of growth and development of babies. The coverage of ASI in Indonesia according to the Health Profile of Central Java Province (2017) is 54.4%, while the coverage of Exclusive ASI in Sukoharjo Regency is only 41%, much lower than the coverage of Exclusive ASI in other regions such as Magelang 87.2%. Eventhough exclusive breastfeeding is a baby's right that must be fulfilled by the mother. **Objective;** to describe the results of the implementation of honey for postpartum mothers on help increasing milk production.**Method;** the design of this study is a descriptive case study by describing the collected data in the form of honey to increase breast milk production in postpartum mothers. **Result;** there was a change in breast milk production in two postpartum mothers, it is increase in milk production before and after honey was given. **Conclusion;** administration of honey can help increase milk production in postpartum mothers.

Keywords: honey, postpartum mothers, breast milk.