



**THE EFFECT OF BREASTFEEDING TECHNIQUE EDUCATION ON THE SMOOTHNESS OF MILK PRODUCTION IN BREASTFEEDING MOTHERS OF INFANTS 0-6 MONTHS OF AGE**

**Refliya Halipah<sup>1\*</sup>, Novalia Widiya Ningrum<sup>1</sup>, Fadhiyah Noor Anisa<sup>2</sup>, Siti Noor Hasanah<sup>3</sup>**

<sup>1</sup>Program Studi Sarjana Kebidanan, Fakultas Kesehatan Universitas Sari Mulia, Jl. Pramuka No.2, Pemurus Luar, Banjarmasin, Kalimantan Selatan 70238, Indonesia

<sup>2</sup>Program Studi Diploma Tiga Kebidanan, Fakultas Kesehatan Universitas Sari Mulia, Jl. Pramuka No.2, Pemurus Luar, Banjarmasin, Kalimantan Selatan 70238, Indonesia

<sup>3</sup>Program Studi Pendidikan Profesi Bidan, Fakultas Kesehatan Universitas Sari Mulia, Jl. Pramuka No.2, Pemurus Luar, Banjarmasin, Kalimantan Selatan 70238, Indonesia

\*[halipahrefliya@gmail.com](mailto:halipahrefliya@gmail.com)

**ABSTRACT**

The correct breastfeeding technique is a way of giving breast milk to the baby with the correct attachment and position of the mother and baby. If the breastfeeding technique is wrong, it can cause nipple blisters, poor milk production and pain that arises when the mother stops breastfeeding with less care. The wrong breastfeeding technique is also one of the factors that cause the milk to come out to be not optimal, thus affecting milk production, causing the baby to not want to suckle. At Puskesmas Sungai Tabuk 2, the exclusive breastfeeding coverage in 2019 was 71.20%, an increase in 2020 to 81.8%, and in 2021 it decreased to 49.6%, one of the causes was due to a lack of knowledge about breastfeeding techniques. Objective: To determine the effect of breastfeeding technique education on the smooth production of breast milk in breastfeeding mothers of infants aged 0-6 months in the Sungai Tabuk 2 Puskesmas working area. Methods: Analytical observational research using case control design with total sampling technique as many as 30 people. The research instrument used leaflets and breast milk fluency questionnaires. The questionnaire has undergone validity testing and obtained a value of reasonable ( $>0.361$ ) and reliable (0.79). Results: Statistical tests using the chi square test obtained a p value of 0.044 ( $<0.05$ ) which means that there is an effect on the provision of breastfeeding technique education on the smooth production of breast milk in breastfeeding mothers of infants aged 0-6 months in the working area of Puskesmas Sungai Tabuk 2 Conclusion: The importance of education about breastfeeding techniques from health workers that can be done in posyandu or health services to increase knowledge and understanding of pregnant and lactating women.

Keywords: breastfeeding mothers; breastfeeding technique; education; smooth milk production

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**INTRODUCTION**

The most important period for a baby is the postpartum period because this is the period when the mother's breasts start producing breast milk and will automatically release breast milk for the first time, which is called colostrum. (Wardiyah et al., 2019). Breast milk (ASI) is the right food for babies because it contains substances and protective factors that can trigger a decrease in infant morbidity and mortality rates, its very complex content can protect babies from infection and form strong body antibodies (Sofiya et al., 2023). The correct quality of breastfeeding is immediately after the baby is born or IMD (first 30 minutes) until the baby is 6 months old, then after 6 months to 2 years the baby must be given Complementary Food (MP-ASI) (Khatimah et al., 2023). Several studies say that the priority for babies in breastfeeding is that it can grow the immune system, increase nutritional status, and reduce the risk of infectious and chronic diseases. Meanwhile, for breastfeeding mothers, breast milk is useful for reducing anxiety levels, fostering emotional bonds between mother and child,

accelerating postpartum healing, losing weight, and being able to be a contraceptive to regulate pregnancy spacing (Perdana et al., 2023). Babies and toddlers who do not get breast milk will have an impact on their health, and are at greater risk of disability or even death. There are several things that can affect breast milk production, for example, breast milk does not come out, slow breast milk production, babies have difficulty sucking, there are problems with the nipples, and low maternal knowledge about breastfeeding (Nurhidayah et al., 2023). Breast milk production is influenced by 2 factors, namely internal factors that affect production including physical, psychological conditions, maternal knowledge and physical factors of the baby while external factors include early initiation of breastfeeding and frequency of breast milk (ASI). One way to increase breast milk (ASI) is to breastfeed the baby as often as possible and regularly. A good breastfeeding frequency is around 10 to 12 times per day or at least 8 times per day and 10 to 20 minutes for each breast. The breastfeeding interval is one and a half hours or every 2 hours. Meanwhile, the criteria for smooth breast milk (ASI) can be seen from the characteristics of the baby will look satisfied after breastfeeding, the baby will sleep soundly, not cry, the baby looks healthy, and there is a weight gain of 500 grams every day (Yulianto, Sagita Safitri, et al., 2022). One of the factors that influences the success of breastfeeding is the mother's knowledge of how to breastfeed properly and correctly, including the position of the mother and baby's body, the position of the baby's mouth and the mother's nipples. Many mothers do not breastfeed properly, and many mothers are even unwilling to breastfeed their babies. Successful breastfeeding must begin with sensitivity to the right time to breastfeed, namely with signs such as movements of playing the mouth and tongue or playing hands in the mouth, failure to breastfeed is caused by inappropriate breastfeeding techniques and positions (Khatimah et al., 2023).

The correct breastfeeding technique is a way to provide breast milk to the baby with the correct attachment and position of the mother and baby (Wahyuni et al., 2019). If the breastfeeding technique is wrong, it can cause the nipples to become sore, the milk output is not smooth and the pain that occurs if the mother stops breastfeeding carelessly (Khatimah et al., 2023). Some people are sometimes reluctant or lazy to breastfeed their babies because of the wrong breastfeeding technique which causes the baby to lack breast milk. So mothers must be ready to breastfeed and understand the correct breastfeeding technique so that there are no problems when breastfeeding (Amaliah et al., 2023). The benefits of the correct breastfeeding technique are that the nipples are not sore, the baby's attachment to breastfeeding is strong, the baby becomes calm and there is no spit up (Fidayanti & Sholihah, 2023). Factors that cause irregular breast milk production can be triggered by the mother's nutritional status, the mother's experience or attitude towards breastfeeding, emotional state, breast condition, lack of stimulation of the hormones prolactin and oxytocin which play a very important role in the smooth release and production of breast milk. (Wahyuni et al., 2023). Inadequate breast milk can have consequences for the mother and baby such as breast abscess, swollen breasts, blocked milk ducts, mastitis, low milk supply syndrome, jaundice in infants and fussy babies (Kurniawaty et al., 2023).

Efforts to improve the health of breastfeeding mothers can start with providing education by health workers to breastfeeding postpartum mothers. Health education or education is the right solution for postpartum mothers because health education is a process of providing information that aims to change individual behavior so that it can reduce the failure of exclusive breastfeeding (Riska, 2021). Research by Yuni Astuti, (2020) stated that there was an increase in breastfeeding ability between before and after health education on how to breastfeed properly and correctly. Health education provided by researchers caused changes in the level of knowledge and ability of mothers to breastfeed properly and correctly.

Education about breastfeeding is very important to obtain a positive breastfeeding experience so that it can lead to changes in behavior about breastfeeding. This education is directed at achieving the goal of successful breastfeeding through aspects such as providing information about breastfeeding and teaching correct breastfeeding techniques (Fidayanti & Sholihah, 2023).

Information from the United Nations International Children's Education Found (UNICEF) reveals that there are 17,230,142 million mothers experiencing breastfeeding problems in the world, consisting of 56.4% sore nipples, 21.12% engorged breasts, 15% blocked breasts and 7.5% mastitis (Andriani et al., 2021). According to the World Health Organization (WHO) 2021 reported data on exclusive breastfeeding globally, namely around 44% of babies aged 0-6 months worldwide who received exclusive breastfeeding during the 2015-2020 period, this has not reached the target for exclusive breastfeeding coverage in the world, which is 50% (WHO, 2023). The Central Statistics Agency (BPS) report shows that nationally, the percentage of babies who were given exclusive breastfeeding in 2019 was 66.69%, in 2020 it increased to 69.62%, then in 2021 the percentage was recorded at 71.58%, and this percentage increased again in 2022 to 72.04% and the provision of exclusive breastfeeding has increased and shown improvement from the previous year to 73.97% in 2023 (Central Statistics Agency, 2024). In South Kalimantan Province, the percentage of babies who received exclusive breastfeeding in 2019 was 65.8% (Health Profile of South Kalimantan Province, 2019). In 2020 it decreased to 22.92% (South Kalimantan Provincial Health Office, 2020). In 2021, there was an increase of 56.5% (South Kalimantan Provincial Health Office, 2021) while in 2022 there was an increase from the previous year to 62.9% (South Kalimantan Health Profile, 2023).

In Banjar Regency, the percentage of exclusive breastfeeding coverage in 2019 was 67.5%, and increased in 2020 to 82.1%, but when compared to 2021 it decreased to 64.6% (Banjar Regency Health Office, 2021). Based on data from Sungai Tabuk 2 Health Center, it shows that the coverage of exclusive breastfeeding in 2019 was 71.20%, in 2020 there was an increase in the coverage of exclusive breastfeeding at Sungai Tabuk 2 Health Center, namely 81.8%, and in 2021 there was a decrease of 32.2% to 49.6% so that it has not reached the target of exclusive breastfeeding of 80% (Banjar Regency Health Office, 2021). To determine the effect of breastfeeding technique education on the smooth production of breast milk in breastfeeding mothers of infants aged 0-6 months in the Sungai Tabuk 2 Puskesmas working area.

## **METHOD**

The study was conducted in the Sungai Tabuk 2 Health Center Working Area because based on data and information obtained from the Banjar Regency Health Office, it was found that the Sungai Tabuk 2 Health Center was one of the health centers with the lowest breast milk coverage. This study is a type of analytical observational study using a case control design with a total sampling technique of 30 people. The research instrument used leaflets and questionnaires on the smoothness of breast milk production from Mutiara (2022). The questionnaire has undergone validity testing and obtained a value of reasonable ( $>0.361$ ) and reliable (0.79).

**RESULT**

Table 1.  
Respondent Characteristics

Characteristics	Case		Control	
	f	%	f	%
Age				
< 20 th dan > 35 th	1	6.7	1	6.7
20 – 35 tahun	14	93.3	14	93.3
Education				
Low Education	3	20	4	26.7
Secondary & Higher Education	12	80	11	73.3
Job				
Not Working	14	93.3	13	86.7
Working	1	6.7	2	13.3

Table 2.  
Smoothness of Breast Milk Production

Smoothness of breast milk	Education				P value
	No	%	Yes	%	
Not Smooth	9	60	3	20	0,044
Smooth	6	40	12	80	
Total	15	100	15	100	

**DISCUSSION**

The results of the study in table 1 show data from 30 case and control respondents, characteristics based on maternal age from 20-35 years with the highest frequency of 28 people or 93.3% and there are ages > 35 years as many as 2 people or 6.7%. Respondents in the age range of 20-35 years are adults where at that age mothers will solve their problems well, one of which is looking for information about breastfeeding techniques. Mothers who are <20 years old are considered immature both spiritually and physically so that mothers will rely on others to provide exclusive breastfeeding. Mothers who are > 35 years old begin to experience changes in their hormonal system so that the production of breast milk produced will decrease and become an obstacle to breastfeeding (Polwandari, F. et al., 2021). Age affects a person's knowledge, motivation, and activities. The age between 20-35 years is a healthy reproductive period, because physically the reproductive organs are ready, and the mother's psychological condition has an impact on readiness to accept the presence of a baby. Mothers with older ages are considered to have more experience and knowledge in breastfeeding compared to young mothers. This shows that the more mature the mother's age, the better the mindset she displays, but conversely, if the mother's age is too young or too old, her ability to understand will decrease.

Education level based on the majority of respondents is secondary and higher education with 12 cases or 80% and 11 controls or 73.3%. Respondents with higher education are able to receive and seek information on good and correct breastfeeding techniques and have slightly broader knowledge about breastfeeding techniques compared to respondents with low education (Polwandari, F. et al., 2021). The factor that influences knowledge is education. The higher the education, the better the knowledge. Education will make someone motivated to be curious, to seek experience and to organize experiences so that the information received will become knowledge. Higher education makes a mother more able to think rationally about the benefits of Exclusive Breastfeeding. The high level of education will greatly influence the

acceptance of new things and can adapt to these new things, the higher the level of education, the easier it will be for the person to receive information. Respondents with a high level of education will have more information, broad insight, and a much better understanding and mindset so that they have the opportunity to find out information about breastfeeding techniques (Lova, N. R. et al., 2021).

Based on the results of the study on job characteristics, the majority of breastfeeding mothers are unemployed with a total of  $\pm 14$  people or 93.3%. The mother's employment status is a protective factor, meaning that unemployed mothers will be more supportive of providing exclusive breastfeeding compared to working mothers. This is because mothers who work at home will have more time and opportunity to breastfeed their babies, compared to mothers who work outside the home. Work is indeed not a reason for mothers not to provide exclusive breastfeeding. However, working mothers tend not to breastfeed because of work demands that cause mothers to be unable to fully interact with their babies so that they tend to give their babies formula milk and cause the frequency of breastfeeding to decrease and breast milk productivity to also decrease. Meanwhile, mothers who do not work have more free time and can have direct contact with their babies while breastfeeding so that their breast milk productivity increases (Polwandari, F. et al., 2021).

The results of the study in table 2 based on statistical tests obtained a p value of 0.044 ( $<0.05$ ) which means that there is an influence on the provision of breastfeeding technique education on the smooth production of breast milk in breastfeeding mothers of babies aged 0-6 months in the Sungai Tabuk 2 Health Center area. This study used 30 respondents who had been divided into two groups, namely the intervention group and the control group. Both groups were given the same questionnaire on the smooth production of breast milk, but the intervention group was given treatment by providing education before answering the questionnaire, while the control group was not given any treatment. In the intervention group there were 12 people or 80% of breastfeeding mothers who had smooth breast milk and 3 people or 20% who did not have smooth breast milk, while in the control group there were 6 people or 40% who had smooth breast milk, and 9 people or 60% who did not have smooth breast milk.

This study is supported and in line with the results of research conducted by Suyanti Suwardi et al entitled *The Relationship between Breastfeeding Techniques and Smooth Breast Milk Production in Breastfeeding Mothers at the Dermawati Clinic in Medan in 2022*. Based on the analysis used using the Chi Square test with a significance level of  $\alpha 0.05$ , the p value was obtained as 0.002  $< \text{sig } \alpha 0.05$  so that  $H_0$  was rejected and  $H_a$  was accepted, which means that there is a relationship between breastfeeding techniques and smooth breast milk production. Another study entitled *"The Effect of Health Education with Correct Breastfeeding Technique Booklet Media on the Skills of Mothers with Babies Aged 0-12 Months in Pandanan Village, Wonosari District, Klaten Regency*. Based on the results of the Wilcoxon calculation, the z value obtained was - 4.786 with a p-value of 0.00 which is less than 0.05 so that  $H_a$  is accepted, it can be concluded that there is a difference in the level of skills of mothers with babies aged 0-12 months before and after being given health education with booklet media.

The results of a study conducted by Annisa Munawarah, (2018) which stated that there was an influence of breastfeeding technique education on the effectiveness of postpartum mothers in breastfeeding at the PKU Muhammadiyah Hospital in Yogyakarta. And in accordance with the research of Nagendra, (2017) which stated that breastfeeding technique education is very useful for improving the ability of breastfeeding mothers. This was also proven by Siti Maria

et al., 2022 with research results showing that there was an influence and increase in the knowledge and skills of postpartum mothers regarding the implementation of breastfeeding techniques so that mothers could apply the correct breastfeeding techniques to make the exclusive breastfeeding program a success.

This study is in contrast to the study conducted by (Lestari et al., 2019) entitled "Factors Causing Mothers' Failure to Provide Exclusive Breastfeeding to Infants Aged 0-6 Months in the Pejeruk Health Center Work Area" said that respondents aged 20-35 years experienced many failures in providing Exclusive Breastfeeding because respondents aged 20-35 years were primiparas or had only given birth once so they did not have experience with breastfeeding. The results of observations made by researchers through interviews with breastfeeding mothers who did not provide Exclusive Breastfeeding but had good knowledge were that they admitted that they knew about breastfeeding techniques but did not want to provide their breast milk. This is due to factors of the mother's own will who did not want to provide her breast milk on the grounds that she was busy working, afraid that her breasts would sag and so on. So it can be concluded that although good maternal knowledge is not a guarantee for mothers to breastfeed their babies Exclusively.

Efforts to improve the health of postpartum mothers in breastfeeding can start from providing education carried out by health workers to postpartum mothers who are breastfeeding. Health education or education is the right solution for postpartum mothers because health education is a process of providing information that aims to change individual behavior so that it can reduce the failure of exclusive breastfeeding (Riska, 2021). Health education provided by researchers causes changes in the level of knowledge and ability of mothers to breastfeed properly and correctly. Education about breastfeeding is very important to obtain a positive breastfeeding experience so that it can lead to changes in behavior about breastfeeding. The breastfeeding process is the best activity for babies because breast milk (ASI) can be beneficial for the growth and development of babies. In addition, breast milk is also easily digested by the baby's intestines and breast milk is always ready at a stable temperature and can be given directly to the baby. Under normal circumstances, all women can also breastfeed their babies. In this case, support is needed from family and those closest to them who will help the success of breastfeeding (Fauza, 2021). Therefore, breastfeeding mothers need to know about the correct breastfeeding techniques, such as how to position the baby near the mother's stomach and chest and release the nipple after the baby is full. However, there are some breastfeeding mothers who still do not understand the correct way to breastfeed, so mothers need assistance from health workers and those closest to them to help mothers start the breastfeeding process. In the first week after giving birth, midwives or nurses need to provide guidance and health education to mothers on the correct way to breastfeed so as not to cause problems (Wanaraja & Wanayasa, 2019).

## **CONCLUSION**

Statistical tests using the chi square test obtained a p value of 0.044 (<0.05) which means that there is an effect on the provision of breastfeeding technique education on the smooth production of breast milk in breastfeeding mothers of infants aged 0-6 months in the working area of Puskesmas Sungai Tabuk 2. The importance of education about breastfeeding techniques from health workers that can be done in posyandu or health services to increase knowledge and understanding of pregnant and lactating women.

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