

Increased Production of Breast Milk: Literature Review

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Abstract:

Breast care is one way to release the hormone oxytocin so that breast milk is produced immediately and plays an important role in overcoming breast-feeding problems. Breast care is very important during pregnancy and especially after delivery to increase lactation and prevent blocked milk ducts. If left untreated, it may develop mastitis. Problems arise when breastfeeding is ineffective, so the intervention to overcome this problem is breastfeeding education. This report aims to determine the effectiveness of breast care in increasing breast milk production in postpartum mothers. The method used is a literature review. The search for literature review sources was carried out from October 2021 to April 2022. The databases used were Mendeley journal, Garuda journal, and Google Scholar using the keywords Breast Care AND Breast Milk Production AND Postpartum and obtained 873 articles. After going through the selection process and quality assessment, it was found that 10 articles that met the requirements could be included in the review. In addition to breast care, breastfeeding education is also important because there are so many benefits for postpartum mothers. Breast care is effective for increasing breast milk production. Movements in breast care are useful for launching the breast milk ejection reflex. This activity is also an effective way to increase the amount of milk in the breast and overcome the problems that often occur during breastfeeding.

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INTRODUCTION

Mother's Milk (*Air Susu Ibu*/ASI) is the most important part that must be considered by the mother in production. So many benefits that will be obtained for mothers and of course for babies. (Khatimah et al., 2019). In Indonesia, especially in the regions who are far from health facilities, there are still many pregnant women and postpartum women who paying little attention to milk production and flow. If ASI is not smooth or even if it doesn't come out, usually the mother will immediately choose US formula milk breast milk substitutes, without trying or attempting to expedite their milk production. Even though the Indonesian government has official regulations, namely Government Regulation (PP) of 2012 which regulates the rights of newborns breastfeeding without adding other foods. Until the baby is 6 months old, that is called exclusive breastfeeding. In addition, the Government has issued Regulations Minister of Health of the Republic of Indonesia (Permenkes RI) in 2013 as a form of support for successful breastfeeding by establishing a procedure for administration special facilities for breastfeeding mothers (Khatimah et al., 2019).

Based on World Health Organization (WHO) data for 2020 only shows data on breastfeeding rates worldwide, but these figures are not yet significantly increased. This means that between 2015 and 2020, about 44% 50% of the target will be breastfeeding children aged 0-6 months with exclusive breastfeeding by WHO. In Indonesia in 2020, among babies under the age of 6 months

who subject to recall, 2,113,564 of 3,196,303 infants under 6 months of age were breastfed exclusive, accounting for 66.1%. The target is 40% of babies under 6 months old receive exclusive breastfeeding in (Kementerian Kesehatan Republik Indonesia, 2021).

In 2020, the coverage of exclusive breastfeeding babies in East Java is 61.0%. This coverage has decreased when compared to 2019 (68.2%) (Kementerian Kesehatan Republik Indonesia, 2021). While coverage exclusive breastfeeding in Lumajang City in 2020 has increased to 87.3% from 2019 (86.7%). In the ASI coverage target strategic plan Exclusive is 75.2%, in terms of percentage this achievement has met the target strategic plan, but in absolute terms the achievement has decreased. 2019 year the absolute achievement is 11,730 while in 2020 it will be 10,859. Lack of understanding from mothers about the importance of exclusive breastfeeding in Infants are one of the factors that decrease coverage (Profil Kesehatan Kabupaten Lumajang, 2020).

When the baby starts suckling, milk production begins. This is the result of physical stimulus that generates impulses. Impulses from nerve endings are sent to the glands hypothalamus of the brain, which is in the brain and informs the pituitary gland, which surrounds the alveolar glands like the muscles of the uterus. Contraction of muscle fibers in around the alveoli causes milk production, which is called outflow. This matter cause sensation in the breast and may cause milk to flow from the breast nipple. The more milk a baby sucks, the more milk it will produce produced (Diniyati et al., 2019).

During breastfeeding, problems that often arise include: mastitis, swollen breasts, flat nipples, milk does not come out, improper breastfeeding techniques which affect the success of breastfeeding (Setyaningsih et al., 2020). Breastfeeding problems in postpartum mothers' cause signs to appear and symptoms such as breast milk not dripping / gushing, baby not being able to latch on mother's breast, persistent pain and/or blisters after the second week. From sign and the symptoms mentioned above resulted in the emergence of nursing problems namely ineffective breastfeeding (IDHS, 2017). Various ways to stimulate the release of the hormones prolactin and oxytocin is an optional for mothers who have internal problems breastfeeding, one of which is breast care (Khatimah et al., 2019).

Breast care is one way to release hormones oxytocin so that breast milk is immediately produced and plays an important role in overcoming breastfeeding problems (Wahyuningsih et al., 2021). Breast care is very important not only during pregnancy but especially after giving birth to Increases lactation and prevents blocked milk ducts. If left untreated, breasts have the potential to develop mastitis. Treatment of the breast is intended for blood circulation becomes smooth and prevention of blockage of the milk ducts, to milk production becomes smooth (Kamila et al., 2019).

Correct and regular care will make it easier for your little one to consume breast milk. Good and correct breast care has a role important in increasing milk production. Treatment implementation Breastfeeding should be started as early as possible, ie 1–2 days after infancy born and performed twice a day. Breast care is carried out includes breast massage, breast emptying, breast compression and nipple care (Utari & Desriva, 2021). Research results (Wahyuningsih et al., 2021) and (Kamila et al., 2019) show that treatment enough breasts to increase lactation in postpartum mothers. Based on the description in above, the purpose of writing this report is to determine the effectiveness of breast care to increase breast milk production in postpartum mothers.

METHOD

The method used is a literature review. The literature review is an overall summary of the various types of research studies conducted according to the theme taken. Search literature starts from October 2021 to April 2022. Results are utilized in this study using the secondary data obtained through previous research. The database used as the source search for this literature review was through sources Mendeley journal, Garuda journal, and Google Scholar, using the keywords Breast Care AND Milk Production AND Postpartum and obtained articles numbering 873. After going through the selection process and quality assessment, we obtained 10 articles that meet the requirements included in the review.

RESULT

The results of this study state that movement in breast care is beneficial in facilitating the milk ejection reflex. This activity is also an effective way to increase the amount of milk in the breast. besides that, it can prevent the formation of milk dams in the breast. The 10 articles were assessed using a Quasi-Experimental research design, namely those belonging to articles (Utami et al., 2020), (Mudrikatin and Wati, 2020), (Septiyani et al., 2019), (Yuniarti, 2018), (Lisa and Ismayucha, 2018), (Hesti et al., 2017). Cohort Studies belongs to (Puspita, 2019, Utali and Desrival, 2021). Cross Sectional (Khatimah et al., 2019 and Soleha et al., 2019).

Table 1. Theoretical Mapping

Author	Title	Results
Utami et al., 2020	The effectiveness of oxytocin massage and breast care on the evaluation of breastfeeding during the puerperium	The results of this study indicate that the adequacy of breast milk before and after being given oxytocin massage using the Wilcoxon test obtained $p=0.025<0.05$, the adequacy of breast milk before and after being given breast care using the Wilcoxon test obtained $p=0.005<0.05$, the effectiveness of oxytocin massage and breast care using the Mann-Whitney test obtained a $p=0.020<0.05$ so that H_a is accepted.
Mudrikatin and Wati, 2020	The Effectiveness of the "Bomb" Method (Breast Care, Oxytocin Massage, and Marmet Technique) on Increasing Milk Production During Breastfeeding Ages 0-6 Months at the Prambon Health Center, Nganjuk Regency	The results obtained from 60 samples obtained a $p=0.000<0.05$, so it can be concluded that there is a significant difference between the two groups, where the BOM method (Breastcare, Oxytocin, and Marmet Teachnique) is very effective for breast milk production.
Septiyani et al., 2019	The Effect of Breast Care on the Volume of Mother's Milk in Post Partum in Midwifery Practices at the Andalas Padang Health Center, West Sumatra Province, Indonesia	The results showed that the average volume of breast milk was higher in the intervention group than in the control group, namely 56.91 ± 10.90 ml and 14.16 ± 3.19 ml. There is an effect of breastfeeding on post partum mother's milk volume ($p<0.05$). Conclusion: This analysis confirms the effect of breast care on mother's milk volume
Puspita, 2019	The Effectiveness of Breastcare on the Production of Breast Milk for Postpartum Mothers in the Work Area of the Prumnas Rejang Lebong Bengkulu Health Center	The results showed that 10 respondents (50%) had poor breast care and 14 respondents (70%) had poor milk production. After being analyzed, it was obtained as $p=0.003$ with a degree of significance ($\alpha=0.05$). So that the mean H_1 is accepted, meaning that there is a relationship between breast care and the smooth production of milk in postpartum mothers in the Working

Author	Title	Results
		Area of the Prumnas Rejang Lebong Health Center in 2017
Utari and Desriva, 2021	The Effectiveness of Breast Care for Smooth Milk Production in Postpartum Mothers at PMC Hospital	This shows the effectiveness of breast care for milk production in Post Partum at PMC Hospital. And based on the Independent T-test, the value of $p=0.00<0.05$ was obtained with a mean value in the experimental group of 7.92. The conclusion in this study is the effectiveness of breast care on milk production. With this research, it is hoped that health workers will be able to provide breast care to every postpartum mother at the PMC hospital
Khatimah et al., 2019	The Effectiveness of Breast Care Treatment to Streamline Breast Milk Production in the Work Area of the Baruga Health Center	Based on statistical tests with Chi-Square, $p=0.004$ ($p<0.05$) was obtained, which means that Breast Care Treatment is effective in increasing breast milk production.
Yuniarti, 2018	Methods of Breast Care Increasing Milk Volume	In postpartum mothers, before the intervention, the average volume of breast milk for postpartum mothers was 0.18 ml, while after the intervention, the average volume of breast milk for postpartum mothers was 14.36 ml. There was a difference in the average volume of breast milk for postpartum mothers before and after the intervention, namely an increase in milk volume of 14.18 ml. Paired t-test statistical test obtained a $p=0.000$ meaning there is a significant difference.
Lisa and Ismayucha, 2018	The Effectiveness of the Combination of Oxytocin Massage and Breast Care on Smooth Milking in Normal Postpartum Mothers	The results of the analysis showed the effectiveness of the combination of oxytocin massage and breast care on breastfeeding before and after treatment, where the median before being given treatment was 2 with the no category before treatment was 1 with the current category, based on statistical tests there was a significant effect with $p=0.000$.
Soleha et al., 2019	The Effect of Breast Care on the Production of Breast Milk in Postpartum Mothers	The results showed that the $p=0.002$, which indicated that breast care in postpartum mothers influenced ASI production.
Hesti et al., 2017	The Effect of a Combination of Breast Care and Oxytocin Massage on Breast Milk Secretion in Postpartum Mothers	There was a significant increase in milk secretion in the experimental and control groups with a $p=0.000$ (<0.05). In the experimental group there was an increase in milk secretion from 17.09 to 220.91 cc, and in the control group there was also an increase from 17.09 to 72.00 cc. The mean difference in milk secretion between pretest and posttest in the experimental group was 203.82 and in the control group was 54.90 with a p-value of 0.000 (<0.05)

DISCUSSION

Characteristics of Research Participants

According to Yuniarti (2018), maternal age affects maternal health because it relates to the conditions of pregnancy, birth, parenting, as well as breastfeeding their babies; mothers aged 20-35 years are referred to as the healthy reproductive period, where this age is expected to be able to solve problems faced calmly and calmly. emotional, especially in dealing with pregnancy, childbirth, postpartum, and baby care. At the age of primipara 35 years and over where hormone production is reduced, it results in a decrease in the lactation process. Likewise, according to Soleha et al. (2019) the age of 25-35 years is included in the age category that can accept

something new that is better and easy to digest information into knowledge. Mothers aged <20 years to >35 years have a high risk of pregnancy, childbirth, and the puerperium. According to Katuuk et al. (2018), age will affect the ability and self-readiness of the mother in going through puerperium and breastfeeding. Mothers who are 40 years old will be different in going through the puerperium and breastfeeding compared to mothers who are 18 years old. researchers assume that the age of 20-30 years is included in the age group that already has physical and emotional maturity. So that at this age, it is easier to receive and digest the information obtained or given.

According to Sari & Fitriangga (2018), mothers aged 27-30 are better prepared to face pregnancy so their milk production is very good. Age greatly determines maternal health related to pregnancy, childbirth, and postpartum conditions and readiness to provide breastfeeding. Mothers under 20 years old are still immature and not ready physically and socially to deal with pregnancy and childbirth. Mothers aged 20-30 years are called adulthood, where it is hoped that mothers will be able to solve the problems they face emotionally calmly. especially in dealing with pregnancy, childbirth, and caring for the baby later, as well as information about breast milk production so that they can provide breast milk to their babies. Whereas at the age of >30 years, the information obtained is lacking, because at that age most mothers are advised not to get pregnant again to prevent complications. The increasing age of a person, the better the percentage of knowledge because it is caused by access to information, insight, and mobility which is still low. With increasing age and maturity, a person's thinking and working strength will also be more mature.

According to the author, according to the discussion above, mothers aged 25–35 years are included in the condition of productive mothers in various matters such as reproductive health, emotional health, and how to receive information.

Breast Milk Production Before Breast Care

Puspita (2019) said that breasts that have never been trained would have the potential for a buildup of toxin fluids, leading to various health problems in the breasts. Likewise, according to Yuniarti (2018). The impact of not doing breast care, or breast care, can result in several negative impacts where the nipples do not stand out, the child has difficulty breastfeeding, the milk lasts longer, the volume of milk is limited, the breasts are dirty, the mother is not ready to breastfeed, especially the skin of the nipple of the breast will be easily scratched. Meanwhile, according to Khoeriyah et al. (2019), maintenance breasts are difficult for children to suckle because the breasts are dirty, the nipples sink so that the baby has difficulty suckling, the milk takes a long time to come out so the baby fussy, limited milk production due to lack of stimulation through massage and massage, there is swelling and inflammation of the breast and skin breasts, especially on the nipples, nipples are easily scratched and experience mastitis. This is in accordance with the results of observations, namely before treatment mother's breasts and breasts are not clean, the baby has difficulty suckling and has difficulty falling asleep because milk production is not smooth so that the condition of the mother's breasts becomes tense before feeding.

In research belonging to Khoeriyah et al. (2019) said this research was carried out by giving a breast care variable questionnaire consisting of 10 questions about breast care treatment techniques and a breastfeeding fluency questionnaire consisting of 10 statements about signs of smooth breastfeeding. According to Wahyuningsih et al. (2021), breast care is carried out on the first day to the third day after delivery and is carried out at least twice a day.

According to the author, the replacement of the initial vaginal discharge is important to do this, especially birth control of the mother's milk that comes out, and the colostrum itself contains nutrients that are mutually beneficial for babies. In the same way, it will be a loss if the mother's birth control doesn't work, so it doesn't come out. Postpartum mothers need to do breast care

because the benefits are so great for increasing and smoothing milk production; if they don't do breast care, the impact will affect the smoothness and production of milk and the baby.

Breast Milk Production After Breast Care

Breast care is an activity that is carried out consciously and regularly to maintain breast health to prepare for lactation during the puerperium. Implementation of postpartum breast care is carried out on days 1–2 after giving birth at least 2 times a day. The benefits of postpartum breast care include facilitating the reflex for expressing milk or the letdown reflex, an effective way to increase the volume of expressed/expressed milk, and preventing dams in the breasts/swollen breasts (Wahyuningsih & Rohmawati, 2018). Hesti et al. (2017) said this was also in accordance with previous research which showed that most postpartum mothers had very good milk secretion after being given breast care (Safitri & Supriyanti, 2021). In addition, movement in breast care is very effective for increasing the volume of milk, but it is useful for smoothing the reflex of milk secretion and preventing engorgement in the breast. This proves that breast care can increase milk production. According to the author's opinion according discussion above, to increase the production and smoothness of breast milk, breast care therapy can be carried out with correct and routine techniques. Soleha et al. (2019) states that movement in breast care is useful in facilitating the milk ejection reflex. This activity is also an effective way to increase the amount of milk in the breast. It can also prevent the occurrence of breast milk dams in the breast.

The Effectiveness of Breast Care to Increase Breast Milk Production in Postpartum

One proof of the effectiveness of breast care to increase breast milk production can be seen from the research (Puspita, 2019) showing that the production of breast milk in postpartum mothers with Postpartum Breast care is known that most (14 or 77.8%) of respondents with Postpartum Breast care have smooth milk production. The average milk production in the postpartum breast care group was smoother than the group without postpartum breast care, namely $6.73 > 3.86$. 3. Postpartum breast care is effective in increasing breast milk production in mothers.

Utari & Desriva (2021) said the effectiveness of breast care for smooth milk production. With this research, it is hoped that health workers will be able to provide breast care to every postpartum mother so that it can help mothers to be able to provide breast milk to their babies and the government program for exclusive breastfeeding runs smoothly. Research Soleha et al. (2019) also said that the results of this study are in line with the theory which states that movement in breast care is beneficial in facilitating the reflex for expressing milk. This activity is also an effective way to increase the amount of milk in the breast. It can also prevent the occurrence of breast milk dams in the breast.

In one of the studies (Lisa & Ismayucha, 2018) with the most effective results, $p=0.000$, said breast care was done by compressing the mother's nipples for 2-3 minutes using olive oil and gently cleaning them using warm water then starting breast massage. According to the author, after seeing several studies which state that breast care is effective for increasing milk production, so there is no need to doubt if you want to do breast care to increase and expedite milk production because many researchers have proven the effectiveness of breast care therapy.

CONCLUSION

The study's results found that breast milk production is influenced by several factors, one of which is breast Care. Most postpartum mothers do not take care of breasts have an impact on the production of breast milk which is produced little and not smoothly. There are so many benefits postpartum mothers get after routine breast care, one of which is that there are no internal breastfeeding problems, such as mastitis, sore nipples, flat nipples, and others. So is breast milk production after breast care increases so that the nutrition in the baby is fulfilled.

Breast care can be done by acting by postpartum mothers themselves or assisted by other people who were carried out starting the first day or two after giving birth. Grooming movement is effective for increasing breast milk volume and expediting the expulsion of breast milk reflex. All the articles that have been reviewed show that the treatment of breasts is effective in increasing breast milk production in postpartum mothers.

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