

ABSTRACT

Wita Aprilliya (2025). Midwifery Care for Postpartum Mothers with Inadequate Breast Milk Production at Lawang Public Health Center. Case Study Scientific Paper, Diploma III Midwifery Program, Midwifery Department, Poltekkes Kemenkes Malang. Supervisor: Heppy Rina M, S.ST., M.Keb.

Inadequate breast milk production is one of the main factors contributing to the failure of exclusive breastfeeding. Internal factors such as the mother's physical and psychological condition, as well as external factors such as early initiation of breastfeeding and breastfeeding frequency, affect breast milk production. This study describes midwifery care for a postpartum mother experiencing insufficient milk production at Lawang Public Health Center. This is a descriptive case study conducted on Mrs. O, a 22-year-old mother, on the 5th day postpartum at Lawang Health Center, from June 7 to July 10, 2025. Data collection was carried out through interviews and observations. The mother complained of minimal breast milk production starting on the second day postpartum and was breastfeeding only three times a day. After one month of care, her breast milk production had improved by the 19th day postpartum, and her breastfeeding frequency increased to 8–10 times per day. Interventions included breast care and oxytocin massage, which effectively stimulated milk production. Stimulating oxytocin hormone through oxytocin massage can help improve breast milk flow. The recommendation is to conduct regular monitoring of the mother's lactation condition and provide education on proper breastfeeding techniques and oxytocin stimulation to optimize milk production.

Keywords: *Postpartum Mother, Inadequate Breast Milk Production, Oxytocin Massage*