IMPROVING MOTHERS' KNOWLEDGE OF KANGAROO MOTHER CARE (KMC) FOR LOW BIRTH WEIGHT INFANTS USING A POCKET BOOK

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SUMMARY

Background: *Low Birth Weight (LBW) infants are babies weighing less than 2,500 grams at birth who are at risk of hypothermia, infection, impaired growth, and neonatal death. One recommended intervention is Kangaroo Mother Care (KMC), but many parents do not understand how to practice KMC independently after their babies are discharged from the hospital. Therefore, a practical and clear pocket book is needed as a guide for practicing KMC at home.* ***Objective:*** *To produce a pocket book educational medium on Kangaroo Mother Care (KMC) for LBW infants.* ***Methods:*** *The media was developed using Canva through material preparation based on literature, pocket book design, and a trial involving three mothers with LBW infants at Medika Insani Hospital.* ***Results:*** *The output was a pocket book entitled "Warm Hugs for My Little One, KangarooKu, I Can Do It! A Guide to Caring for LBW Infants Using Kangaroo Mother Care," in A6 size with 20 pages. Materials included the definition of LBW, benefits of KMC, KMC implementation steps, duration, infant danger signs, and family support.* ***Conclusion:*** *The pocket book can serve as a practical educational medium to improve mothers' or parents' knowledge of practicing KMC independently, correctly, safely, and according to guidelines at home.*

Keywords: *Low Birth Weight, Pocket Book., Kangoro Mother Care*