

## Counseling about MP-ASI to Mothers for Improving Children's Nutritional Status

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### ABSTRACT

MP-ASI plays a role important in support Child growth . If mom not quick introduce MPASI with the right way for children moment he enter 6 months old , growing the flower can just disturbed . Activity MP-ASI socialization to mothers for Improving the Nutritional Status of Children carried out on day Tuesday, November 22, 2022 at the Village Office Dewi Sri District sea tador . Destination beginning MPASI socialization is for give understanding to women in the village area goddess sri that so important quality nutrition given to child ages 6-24 months as MPASI because in Century it's exclusive breastfeeding just no enough Fulfill nutrition child for grow and develop optimally. Reluctantly increasing knowledge moms regarding MPASI which is very important for the golden age child in grow and develop optimally. So will many mothers who will give solids in the right way, and follow existing rules like give eat appropriate time it means given when child already ready for eat, with sufficient nutrition from various menu options and types rich food carbohydrates , proteins and fats. And all his served in circumstances hygienic and processed by the mother yourself and given in a manner responsive .

**Keywords:** Counseling, MP-ASI, Children's, Nutritional Status

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## INTRODUCTION

In order for babies and children can grow and develop optimally , parents must pay attention to breast milk and food consumed . Breast milk is the only one containing food substance the required nutrition for growth baby 0-6 months old . However with increase age baby and grow flower, baby need energy and matter excess nutrition amount of milk. Baby must get food additional / complementary breast milk or the usual called with MPASI.

MP-ASI plays a role important in support Child growth. If mom not quick introduce MPASI with the right way for children moment he enter 6 months old , growing the flower can just disturbed . For that make sure the child's MPASI Fulfill The conditions set by WHO are: appropriate time, Adequate, Safe and administered in a manner Responsive.

nutrition is very important need in the process of growth and development brain , build system immunity strong body . Children under 5 years old Becomes vulnerable group experience deficiency nutrition (Nigatu et al., 2018). Impact deficiency nutrition no sector only health ( morbidity , mortality and disability ) but also reduce quality source power human (HR) a nation . Problem deficiency nutrition Becomes important and manageable with immediately . ( Ministry of Health of the Republic of Indonesia, 2015)

One thousand day first life since fetus still is at in content until child aged two year is period important in determine health , growth , and development optimum nerves . During critical times here it is all organs and tissues formed for Becomes foundation for health man lifetime his life . In humans , growth fastest brain happened to two year first life . Period this characterized by the fast addition process amount cell brain and formation synapse brain .

That's why nutrition hold very important role in period two year first life . Adequate nutrition ensure health , growth , and development child in accordance with potency them . Deficiency nutrition could increase risk disease , hamper mental development and growth physical , as well disturbance growth and health period long . Deficiency period nutrition this also causes stunting, which causes performance intellectual child impaired and capacity for To do profession physique reduced .

Many children in income countries medium low experience slowdown growth or growth failing when they switch from exclusive breastfeeding to MPASI. this happens often because no adequate the quality and quantity of complementary foods they have thanks .

Food ASI companion (MPASI) has benefit in transition from breast milk to diet family is aim for Fulfill needs intake nutrition to children are also useful for adapt tool digest when age child the more increase mature . Recognition process food companion breast milk besides for destination fulfillment intake nutrition is also Step train where babies are taught how method chew as well as study how swallow textured food already shaped solid . Stage this is also pushing baby for get used to and inculcate appetite With a food menu that he began to recognize ( Lupiana , 2016).

In Indonesia, based on Basic Health Research data for 2018, as many as 17.7% are children under five years old ( toddlers ) still experience problem nutrition

consists from nutrition bad 3.9% and nutrition less 13.8% ( Ministry of Health , 2018) Problem deficiency nutrition influenced by several factor , one of them Giving Food Companion of Mother's Milk (MPASI) which is lacking right . MPASI is food transition from breast milk to food family given to child ages 6–24 months in a manner gradually type , frequency gift , amount portion and shape customized food with age and ability baby in digest food for fulfillment needs nutrition ( Lestiarini and Sulistyorini , 2020). Complementary food quality must fulfilled energy , protein and micronutrients with in a manner balance so you can grow optimally ( Amperaningsih , Sari and Perdana, 2018).

### **Definition of MPASI**

Food ASI companion (MP ASI) is food transition from breast milk to food pregnant family substance nutrition , given to children aged 6–24 months for Fulfill needs nutrition besides from breast milk. Role food addition same very no for instead of breast milk, but rather for supplement breast milk. The introduction and administration of MP-ASI is mandatory conducted in a manner gradually good form nor amount , accordingly with ability digestion baby / child .

### **The importance of ASI and MP ASI**

1. Age 0-24 months is a period of rapid growth and development .
2. Often termed as period gold or golden age at the same time a critical period .
3. Period gold could embodied when at this time babies and children obtain intake appropriate nutrition for grow optimum flower .
4. On the contrary if intake nutrition no in accordance with the need , then period gold this will changed Becomes period critical .

### **Destination Providing MP-ASI**

Destination gift food baby according to ( Budiastuti , 2019) distinguished be 2 types that is destination micro and goals macro . Destination micro related direct with interest individual couple mother-infant , in room scope family , which includes 3 kinds aspect :

- a) Aspect physiological that is Fulfill needs nutrition in circumstances healthy nor sick for continuity life , activity and growth flower .
- b) Aspect educative that is educate baby to be skilled in consume food breastfeeding companion
- c) Aspect psychological that is for give baby satisfaction with get rid of the feeling nice because hungry and thirsty . Beside that give satisfaction with parents because has To do his job .
- d) Whereas destination macro is problem nutrition Public breadth and health society .
- e) Giving food ASI companion for baby aim for add energy and matter necessary nutrition baby because ASI already no could Fulfill needs baby in a manner Keep going continuously ( Diah Krisnatuti , 2018) apart from those 12 gift food ASI companion helps baby in the learning process eat and opportunity for embed habit eat well as well as introduce various type and taste of food.

### Form MP-ASI food

- a) Food creamed , that is type crushed food or filtered looked where is it uneven ? smoothest consistency . Usually food crushed consists from one type food ( food singular ) Example : papaya mashed with spoon , scraped banana with spoon , team rice strain , gruel peanut green strain , boiled potatoes .
- b) Food mushy , that is cooked food with lots of water and looks watery however usually consistency more congested than food mashed . Food soft this is food transition Among food crushed going to to food solid .. Example : rice porridge , porridge chicken , porridge peanut green , porridge Manado .
- c) Food family , that is food usually solid provided in the family where texture from food family that is food congested Example : rice cake , steamed rice , boiled potatoes , biscuits (Argentina and Yunita , 2018).

### Principles Providing MP-ASI

Following this is a number of principle guidelines giving MP-ASI to babies drinking breast milk according to Ria Riksani :

- a) Continue appropriate breastfeeding desire baby (on demand) arrived baby 2 years old or more
- b) Do , that is with apply principle care psychosocial . Better yet , mother give food in a manner slow and patient , give encouragement for the baby want to eat , however don't force it for eat , however don't forced it for eat , take baby for talk , and keep it up contact eyes . In the beginning gift food companion , baby need time for adapt with type food new baby meet
- c) take care cleanliness in every food served . Also apply handling the right food .
- d) Start gift food companion after baby 6 months old in amount little . kindly gradually , mother can add the amount in accordance age baby
- e) Preferably , variety food in a manner gradually plus baby order can feel all type taste .
- f) Frequency food plus in a manner gradually in accordance increase age , namely 2-3 times a day at the age of 6-8 months and 3-4 times a day at the age of 9-24 months with addition food interlude 1-2 times when required .
- g) Take your pick variation rich food substance nutrition
- h) try for make alone food to be given to baby and avoid food instant . If forced give food instant , preferably mother wise in see composition the nutrients contained in it .
- i) Moment child you seen experience ill , add intake liquid ( esp give more milk often ) and push child for eat food child software enjoy ( Raksani Ria, 2018 )

### Type Food ASI companion

Kindly general there is two the type of MP-ASI namely results processed factory According to RI Ministry of Health (2006) the type of MP-ASI is as following :

- a) Food addition local ASI companion ( Local MP-ASI ) is food processed additions at home ladder or at Posyandu , made from ingredient available food place , easy obtained with price affordable by the community , and need processing before consumed by babies .

- b) Food addition manufacturer 's companion ASI (MP-ASI manufacturer ) is food provided with processed and characteristic instant and circulating on the market for add energy and matter nutrition essential for babies . Timetable Giving Food ASI companion
- c) Timetable Providing MP- ASI Appropriate complementary feeding that is Fulfill needs nutrition . MP-ASI must be adjusted with age baby where accuracy provision of MP-ASI includes type , texture , frequency nor portion eat must customized with Step development and growth baby as following :
- d) The energy requirements of food is about 200 kcal / day for baby 6-8 months old , 300 kcal / day for baby 9-11 months of age and 550 kcal / day for baby 12 months (1 year ) .
- e) Age 6-8 months , introduce MP-ASI inside form crushed started from milk porridge arrived with team rice soft , 2 times a day . Every meal given as much as : 1) 6 months : 6 spoons eat 2) 7 months : 7 spoons eat 3) 8 months : 8 spoons eat
- f) For 9-12 months of age , give MP-ASI starting from rice porridge to rice 15 teams 3 times a day . Every meal give as much as :
- 1) 9 months : 9 spoons eat 2) 10 months : 10 spoons eat 3) 11 months : 11 spoons eat At 12 months , give soft rice 3 times a day .
  - Give more milk first , then MP-ASI. In MP-ASI, add eggs / chicken / fish / tofu / tempeh / meat beef / carrots / spinach / beans green / coconut milk / oil on rice porridge or soft rice . When use food ASI companion from factory , read method prepare it , limit age , and date expired .
  - Give food alternate 2 times a day in between time eat , like porridge peanut green , biscuits , bananas, nagasari and so on .
  - Give fruits or fruit juice , such as orange juice sweet and tomato water filter . Baby start taught eat and drink alone use glasses and spoons ( Susilowati and Kuspriyanto , 2016).

Reasons for MP-ASI are given 6 months old According to ( Chomaria , 2018) MP-ASI is a must given at the time baby 6 months old because :

- The baby is experiencing a growth spurt growth ) at the age of 3-4 months , baby experience enhancement lust eat , however no mean at the moment age the baby ready for accept food congested
- 0-6 months , need baby can fulfilled only with consuming breast milk. c. Generally baby has ready with food solid at 6 months because at age This is breast milk only meet 60-70% of demand nutrition baby .
- Not recommended for introduce semi- solid food or dense in 16 infants 4-6 months old because system digestion they not yet ready accept food this .
- Giving food before 6 month old , increase risk allergies , obesity , reduce interest With breast milk.
- . The extrusion reflex is still active , namely baby will Secrete mom 's food handed it over his mouth , this increase risk choke if given food congested too early .

## METHOD

Activity MP-ASI socialization to mothers for Improving the Nutritional Status of Children carried out on day Tuesday , November 22, 2022 at the Village Office Dewi Sri District sea tador .

### Implementation Activity

Stages Implementation Activity this among others:

- a. Preparation of the participants  
participant in question are mothers who have child toddler , officer health pustu goddess sir and manager village Dewi Sri. Total 30 people inside framework follow Socialization .
- b. Exposure Theory  
At stage this conducted exposure Theory MPASI socialization to mother for improve the nutritional status of children.
- c. Stage Discussion  
At stage this conducted session ask answer , given opportunity to the participants socialization for give questions , responses related with Theory socialization .

## RESULTS AND DISCUSSION

### Results

MPASI is food ASI companion , that is food supplement given to the baby other than breast milk (breast milk) when only breast milk no could sufficient needs nutrition child for grow optimum flower . Besides Fulfill needs nutrition baby to grow optimal development, giving MPASI also has a purpose for practice ability eat baby , fine ability chew and swallow nor ability baby accept various flavors and textures food

There are three factor important in the process of feeding on babies who have to known by the mothers who have child ages 6 - 24 months namely :

1. Child with paying attention to the organs of the body and their functions ( eg mouth , tongue , jaw , ) position body and brain .
2. Parents / caregivers as giver eat .
3. Environment ( food )

Optimal complementary feeding with appropriate time , adequate , safe , and given in a manner responsive to child will :

1. Ensure optimal growth and development
2. Prevent stunting
3. Prevent obesity / overweight.
4. Lower anemia risk
5. Lower risk deficiency substance nutrition micro
6. Lower risk diarrhea

Along with increase age , child grow more big and also more active . this make needs nutrition child the more increase . Because of that a mother must capable

introduce and prepare MPASI with good in accordance with needs the energy required for each child with portion in accordance with her age .

because that mothers who have child toddler Required knowing that how the importance of complementary feeding is given to child after 6 months and MPASI is given to child in accordance with requirements and stages age his .

Generally parents more introduce fruits and vegetables in presentation food for babies because they think fruit and vegetables are very important for baby in fulfillment nutrition . Whereas babies 6-24 months need Adequate carbohydrates , proteins and fats . with give fruit and vegetables course on MPASI then needs nutrition in children no could fulfilled , if nutrition child no fulfilled so grow the flowers will too disturbed . If mothers no can measure how much many portion carbohydrates , proteins and fats in a person 's solids mother can too modify MPASI with Artificial MPASI factory that can made choice because has enriched ( fortification ) with substance iron and micronutrients other . But , mother suggested could prepare alone Little one's food , as well be sure for choose food with protein and substance content sufficient iron , for example meat cow or heart chicken .



Figure 1. Implementation Socialization

Through method thereby expected mothers who have children 6-24 months know how method giving good MPASI so that children can get rich MPASI nutrition and can grow and develop optimally . As well as can improve nutritional status child as well as reduce stunting incident .

### Discussion

Destination beginning MPASI socialization is for give understanding to women in the village area goddess sri that so important quality nutrition given to child ages 6-24 months as MPASI because in Century it's exclusive breastfeeding just no enough Fulfill nutrition child for grow and develop optimally .

Target from MPASI socialization is mothers who have children 6-24 months in order for them understand that so importance give rich food nutrition who can obtained from various type processed neither does the food need with expensive price however the nutrients in it so rich with substance nutrition .

For To do activity This MPASI socialization also goes through a number of stages :

### 1. Stage Preparation

Stage beginning activity socialization in society this is To do contract to participant counseling that is mothers , fine contract the time and availability of the participants socialization .

Outreach to the community this held use method demonstration direct in front of mothers . Preparation another start is the tools used that is presentation preparation tools such as laptops, Liquid crystal display (LCD), screens projector , sound system, and microphone . Making leaflets for Theory made with use easy material understand and use pictures .

### 2. Stage Implementation

At stage implementation Socialization on society these are mothers especially formerly complete the attendance list provided by the team. Activity started with introduction and presentation destination from Outreach to the community this . Ask knowledge of mothers about importance Proper , adequate , safe and appropriate complementary feeding . then next with delivery Theory Socialization . order material more easy understood so provided leaflets as additional media . Final part activity this that is ask answer with the participants Socializing and doing

### 3. Stage Partner Participation

On Stage implementation Outreach to the community this moms especially formerly Fill in the attendance list given by the team Outreach to the community proposed by the team facilitator .

Last points made is inspection baby weight , circumference head , length body , for see development grow and bloom children who were present at the time socialization that done .

## CONCLUSION

Reluctantly increasing knowledge moms regarding MPASI which is very important for the golden age child in grow and develop optimally . So will many mothers who will give solids in the right way , and follow existing rules like give eat appropriate time it means given when child already ready for eat , with sufficient nutrition from various menu options and types rich food carbohydrates , proteins and fats. And all his served in circumstances hygienic and processed by the mother yourself and given in a manner responsive .

Activity this also works with good with enthusiastic moms with given exposure presenter to the materials presented regarding MPASI and more applying mothers question around grow any normal flower stages in children from 0-24 months and how the method so child get good nutrition with processed easy complementary foods available and fast in processing .

Socialization this walk with good all the mothers present understand how importance good diet and nutrition for growth and development his son to be spared from stunting with many question given .



### Thank-you note

Thank you to all those who have helped our community service process.

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