

Asuhan Kebidanan Masa Nifas — dan — Menyusui Berbasis Keluarga — dengan — Pendekatan Peran Suami



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KATA PENGANTAR

Puji syukur ke hadirat Tuhan Yang Maha Esa atas rahmat dan karunia-Nya, sehingga buku ajar berjudul ***Asuhan Kebidanan Masa Nifas dan Menyusui Berbasis Keluarga dengan Pendekatan Peran Suami*** ini dapat tersusun dengan baik.

Buku ini hadir untuk memberikan pemahaman yang lebih dekat mengenai perawatan ibu setelah melahirkan serta proses menyusui dengan melibatkan dukungan keluarga, terutama peran suami. Uraian di dalamnya disajikan secara sederhana agar mudah dipahami dan dapat membantu memperkuat peran keluarga dalam mendampingi ibu pada masa yang penuh perubahan ini.

Buku ini dipasarkan untuk masyarakat umum dan dapat dimiliki oleh siapa saja yang ingin menambah wawasan tentang pendampingan ibu pada masa nifas dan menyusui. Harapannya, buku ini dapat menjadi bacaan yang bermanfaat serta mendorong terciptanya dukungan keluarga yang lebih hangat dan aktif dalam proses tersebut.

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Buku ajar **Asuhan Kebidanan Masa Nifas dan Menyusui Berbasis Keluarga dengan Pendekatan Peran Suami** membahas pentingnya dukungan keluarga, khususnya peran suami, dalam menjaga kesehatan ibu selama masa nifas dan proses menyusui. Masa setelah persalinan merupakan periode penting yang membutuhkan perhatian, pendampingan, serta dukungan emosional dan sosial agar ibu dapat menjalani pemulihan dan pemberian ASI secara optimal.

Dengan bahasa yang mudah dipahami, buku ini mengulas berbagai aspek perawatan ibu pascapersalinan, manfaat keterlibatan suami dalam mendukung kesehatan ibu dan bayi, serta upaya membangun lingkungan keluarga yang sehat dan harmonis. Buku ini sangat cocok untuk masyarakat umum, terutama pasangan dan keluarga yang ingin meningkatkan pemahaman mengenai pentingnya peran bersama dalam mendukung kesejahteraan ibu dan bayi.



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