

ABSTRACT

The number of infant deaths in Bekasi City has increased in recent years. Some of the infant mortality cases are caused by mothers experiencing baby blues. Hormonal changes in postpartum mothers are one of the causes of baby blues. In addition, baby blues can also be caused by a lack of support from family and close relatives. The baby blues condition must be handled quickly and appropriately so that it does not get worse and cause the child to become a victim.

The first step to reduce the number of baby blues cases is to provide introduction and education to pregnant women, mothers who will give birth and relatives of these mothers. Education will be packaged in a booklet that presents several chapters of basic discussion about the baby blues.

The results showed that the understanding of the baby blues was very low. Nevertheless, counseling about the baby blues must be further improved. With the addition of knowledge about baby blues for the people of Bekasi City. Will affect the number of baby blues cases in Bekasi City.

Keywords: *Bekasi City, Baby blues, Education, Booklet*