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# The Effect of Mother Toddler Class Training on Increasing Parents' Knowledge About Child Development at the Binjai Serbangan Health Center, Air Joman District in 2021

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### ABSTRACT

Mothers and children are the group most vulnerable to various health problems that cause death. The Maternal and Child Health Book (KIA Book) is for the purpose of family independence in maintaining health, preventing and overcoming maternal and child health problems, many mothers do not want to bring their toddlers to the toddler mother class this is due to lack of knowledge so researchers are interested in examining the effect Class training for pregnant women on maternal knowledge, the purpose of this study was to determine the effect of class training for mothers under five on parents' knowledge about child development at the Binjai Serbangan Health Center, Air Joman District in 2021. This research is a pre-experimental design research. The population in this study were all mothers who had toddlers aged 1-5 years, at the Binjai Serbangan Health Center, Air Joman District as many as 80 people, sampling was purposive sampling technique. Analysis of the data used Wilcoxon test is used to see the effect between two variables with a 95% confidence degree. The results of the study looked at the knowledge of parents about children's growth and development before the training for mothers under five at the Binjai Serbangan Health Center, Air Joman District in 2021, the majority had less knowledge, namely 10 respondents (50.0%). Parental knowledge about child development after training for mothers under five at the Binjai Serbangan Health Center, Air Joman District in 2021, the majority had sufficient knowledge, namely 11 respondents (55.0%). The conclusion of these results proves that class training for mothers of toddlers can have a positive effect on increasing parents' knowledge about child development. It is recommended that the training for mothers of children under five can be used as an option in increasing the knowledge of mothers of children under five so that it is expected to reduce the morbidity rate of children under five, especially in the work area of the Binjai Serbangan Health Center, Air Joman District. Class training for mothers under five needs to be given regularly by health workers, especially by midwives who are in the work area of the Binjai Serbangan Health Center, Air Joman District. It is recommended that the training for mothers of children under five can be used as an option in increasing the knowledge of mothers of children under five so that it is expected to reduce the morbidity rate of children under five, especially in the work area of the Binjai Serbangan Health Center, Air Joman District. Class training for mothers under five needs to be given regularly by health workers, especially by midwives who are in the work area of the Binjai Serbangan Health Center, Air Joman District. It is recommended that the training for mothers of children under five can be used as an option in increasing the knowledge of mothers of children under five so that it is expected to reduce the morbidity rate of children under five, especially in the work area of the Binjai Serbangan Health Center, Air Joman District. Class training for mothers under five needs to be given regularly by health workers, especially by midwives who are in the work area of the Binjai Serbangan Health Center, Air Joman District.

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## **1. Introduction**

Children under five are children who have reached the age of one year or more, which is popular with the understanding of the age of children under five years. Toddler is a general term for children aged 13 years (toddlers) and preschoolers (3-5 years). At the age of toddlers, children are still fully dependent on their parents to carry out important activities, such as bathing, urinating and eating. The development of speech and walking has improved. However, other abilities are still limited. Infancy is an important period in the process of human growth and development. Development and growth at that time determine the success of children's growth and development in the next period. The period of growth and development at this age is a period that takes place quickly and will never be repeated, because it is often called the golden age or golden age (Mauris. H, 2016).

Children under five are one of the populations most at risk of various health problems (illness and death). According to the WHO, the Toddler Mortality Rate (IMR) is 35 per 1000 live births for 2018. The Indonesian Demographic and Health Survey (IDHS) in 2018, IMR in Indonesia is 32/10,000 live births. When calculated mathematically, it means that every hour 22 deaths occur in Indonesia, a number that is quite fantastic for the size in the era of globalization (Kemenkes RI, 2015).

In North Sulawesi Province, MMR is 35/1000 live births, while in Manado City AKI is 32/1000 live births, the number of infant mortality cases is 271 cases: LBW 72 cases (26.96%), asphyxia 84 (31.46%) , neonatal tetanus 1 (0.37%), sepsis 30 (11.23%), congenital abnormalities 31 cases (11.44%), and others (11.44%), while pregnancy check-up visits K1 75.76% K4 67.2%, delivery by midwife 52.6% and midwife counseling 43.6% (North Sulawesi Health Profile, 2018).

In North Sumatra Province, the IMR according to the IDHS is 35/1,000 KH. Factors that affect under-five mortality are socioeconomic status, environment, biological factors (child sex, maternal age, parity, and birth intervention. Other factors considered to have an effect on infant mortality are birth weight, antenatal check-ups and birth attendants (Provincial Health Profile). North Sumatra, 2016)

Mothers and children are the group most vulnerable to various health problems that cause death. The Maternal and Child Health Book (KIA Book) is for the purpose of family independence in maintaining health, preventing and overcoming maternal and child health problems. The MCH handbook is a tool for recording and monitoring maternal and child health, a means of communication between health workers and between health workers and mothers and families, a tool for counseling (educational) on maternal and child health, belonging to the family, and can be used in all health facilities. The use of this MCH handbook is one of the priority programs in Indonesia.

Based on these considerations, it is very necessary to teach mothers about the contents of the MCH handbook and how to use the MCH handbook, one of the solutions is through the implementation of a Mother Toddler Class (KIB). KIB is intended for mothers who have children under five (0-59 months). MCH is a group learning activity in the classroom with members of several mothers who have children under five (aged 0-5 years) under the guidance of one or more facilitators (teachers) using the MCH handbook as a learning tool (Directorate General of Nutrition and Maternal and Child Health, Ministry of Health). RI, 2018). Most of the deaths in children can be prevented, including immunization, improving the nutrition of pregnant women, qualified human resources (officers) and the availability of good standards (Unicef Indonesia, 2016). Based on Riskesdas 2016,

One of the efforts to accelerate the decline in IMR is to carry out classes for mothers of children under five. Mothers class for toddlers is a class where mothers with children aged 0 to 6 years together discuss, exchange opinions, exchange experiences on the fulfillment of health services, nutrition and growth and development stimulation guided by a facilitator, in this case the MCH handbook is used. Ministry of Health RI, 2015).

The purpose of MCH is to increase knowledge and skills, change attitudes and behavior of pregnant women regarding toddler health, nutrition and stimulation of child growth and development. In addition, this MCH is a program to utilize the MCH handbook in improving maternal and child health. The benefit is that for mothers of toddlers and their families, KIB is a means to make friends, ask questions and obtain important information that must be practiced. For health workers, organizing classes for mothers of toddlers, children and their families as well as in establishing closer relationships with mothers of children under five and their families and communities (Directorate General of Nutrition and Maternal and Child Health, Ministry of Health, Republic of Indonesia, 2018). The success of the MCH program is influenced by several factors such as facilitators who have received training in mother-to-five classes, The existing facilities and infrastructure are then motivated by the MNH targets, namely mothers who have toddlers according to the age grouping of toddlers. Of course, all of the above factors must support the toddler program to run well (Directorate General of Nutrition and Maternal and Child Health, Ministry of Health, Republic of Indonesia, 2018).

Growth and development are things that will continue to occur continuously during human life. According

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to Susanto (2018), growth is a process of increasing body size and the number of cells and tissues, while development is an increase in more complex human structures, functions and abilities. The process of growth and development is divided into several stages based on age. One of the phases in human growth and development is the preschool period, namely children aged 3-5 years. An important period in the process of child growth and development is the first five years (Soedjatmiko, 2008), which is the golden period of an individual's life or known as the golden period (Ministry of Health, 2018).

Various efforts to optimize child development can be carried out by people who are around preschool children, especially parents. Parents have an important role in optimizing the development of a child. Parents must always give stimulation or stimulation to children in all aspects of development. Lack of stimulation from parents can cause delays in child development (Dinkes, 2019).

Based on this, it is clear that the role of parents in providing stimulation for preschool age children, especially a mother who is emotionally more closely related to children. Parental knowledge about children's growth and development can increase perceptions about the importance of stimulation and in stimulating children's development according to stages (IDAI, 2018)

Based on the results of a survey at the Binjai Serbangan Public Health Center, Air Joman District, 63% of mothers under five visited the posyandu. Mothers of children under five at the Binjai Serbangan Health Center, Air Joman Subdistrict, have received socialization about the mother class for toddlers, but in fact, there has never been any training for mothers under five, and after being interviewed there were 10 mothers who said that they had never conducted training for mothers of children under five, and did not knowing how to grow in toddlers

## 2. Method

This research is a pre-experimental design research. The population in this study were all mothers who have toddlers aged 1-5 years, at the Binjai Serbangan Health Center, Air Joman District as many as 80 people, sampling purposive sampling technique. Analysis of the data used The Wilcoxon test was used to see the effect between two variables with a 95% confidence level.

## 3. Results and Discussion

### 3.1 Research Overview

Location This research was conducted in the Binjai Serbangan Public Health Center Work Area, which is located in Air Joman District, Asahan Regency, North Sumatra Province. The working area of the Binjai Serbangan Public Health Center is:

- a. North: Bordered by Aek Loba
- b. South side: Bordered by Aek Ledong
- c. East: Bordered by Aek Songsongan
- d. To the West: Bordering Stone Water

In health services, the Binjai Serbangan Health Center's Working Area serves: immunization programs, nutrition, family planning (family planning), examination of pregnant women, and services for the delivery process. The working area of the Binjai Serbangan Health Center has 8 midwives, 2 examination rooms, 2 delivery rooms, 4 postpartum rooms, 1 waiting room, 1 registration room and the puskesmas accepts BPJS for childbirth.

### 3.2 Research result

#### a. Characteristics of Respondents

Based on the results of research at the Binjai Serbangan Health Center, Air Joman District in 2021, it is known that data on respondent characteristics based on age, education level, and occupation were obtained from 20 respondents. The results of the respondent's characteristic data are presented in the form of a table below:

**Table 1**  
Respondent Characteristics Data at the Binjai Serbangan Health Center, Air Joman District in 2021

No	Demographic Data	Frequency	Percentage (%)
1	Age		
	<25 yrs	4	20.0
	25-35 yrs	13	65.0

No	Demographic Data	Frequency	Percentage (%)
	>35 yrs	3	15.0
	Amount	20	100
<b>3</b>	<b>Level of education</b>		
	junior high school	5	25.0
	senior High School	12	60.0
	College	3	15.0
	Amount	20	100
<b>4</b>	<b>Work</b>		
	IRT	10	50.0
	Trader	3	15.0
	Labor/Employee	5	25.0
	civil servant	2	10.0
	Amount	20	100

Based on table 1, it is known that the characteristics of the respondents based on the age of the majority of respondents, the average age is 25-35 years, as many as 13 people (65.0%), with the education level of the majority of respondents being high school graduates, as many as 12 people (60.0%), with the respondent's occupation. Most are housewives as many as 10 people (50.0%).

**b. Parental Knowledge About Child Development Before Conducting Mother Toddler Class Training**

Data on parental knowledge about child growth and development before training for mothers under five at the Binjai Serbangan Health Center, Air Joman District in 2021 can be seen in table 4.2 below:

**Table 2**

Parental Knowledge About Child Development Before the training class for mothers of toddlers at the Binjai Serbangan Health Center, Air Joman District in 2021

Parental Knowledge about Child Development (Pre)	Frequency	%
Good	2	10.0
Enough	8	40.0
Not enough	10	50.0
Amount	20	100

Based on table 2, it shows that the knowledge of parents about child growth and development prior to the training for the mother under five classes, the majority had less knowledge, namely 10 respondents (50.0%) and a good minority, namely 2 respondents (10.0%).

**c. Parental Knowledge About Child Development After Conducting Mother Toddler Class Training**

Data on parental knowledge about child growth and development after training for mothers under five at the Binjai Serbangan Health Center, Air Joman District in 2021 can be seen in table 4.3 below:

**Table 3**

Parental Knowledge About Child Development After it's done Class Training for Mothers of Toddlers at the Binjai Serbangan Health Center, Air Joman District in 2021

Parental Knowledge about Child Development (Post)	Frequency	%
Good	11	55.0
Enough	7	35.0
Not enough	2	10.0
Amount	20	100

Based on table 3 shows that the knowledge of parents about the growth and development of children after the class training for mothers under five had good knowledge, namely 11 respondents (55.0%) and a good minority, namely 2 respondents (10.0%).

**3.3 Bivariate Analysis**

**a. The effect of class training for mothers under five on parents' knowledge about child growth and development at the Binjai Serbangan Health Center, Air Joman District in 2021**

The results of the statistical test. The effect of mother-to-five class training on parents' knowledge about child development at the Binjai Serbangan Health Center, Air Joman District in 2021, is shown in table 4.4. as follows :

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**Table 4**

The Effect of Mother Toddler Class Training on Parents' Knowledge About Child Development at the Binjai Serbangan Health Center, Air Joman District in 2021

Parental Knowledge	Mother toddler class training		Ranking Change	p value
	Before	After		
	F	F	F	
- Good				
- Enough	2	11	Positive Rating	0
- Not enough	8	7	Negative Rating	16
	10	2	Ties	4

Description: a) Wilcoxon test

Knowledge change:

- a. Negative Ranking is a change in knowledge before and after from the 'poor' category to the 'enough' or 'good' category
- b. Positive Ranking is knowledge before and after from 'good' category to 'enough' or 'less'
- c. Ties means that there is no change in knowledge before and after

Based on table 4 shows mother's knowledge about child development before and after being given class training for mothers of toddlers. Mother's knowledge about children's growth and development before being given training in the class for mothers of toddlers was 10 respondents in the less category and after being given training the toddler class was reduced to 2 respondents. Meanwhile, for respondents who had good knowledge prior to the training for the mother under five classes, only 2 respondents, and after the training the toddler class increased to 11 respondents.

Based on the results of statistical tests using the Wilcoxon test, it is known that the p value (0.000) < (0.05) means that Ho is rejected, so there is a significant effect of class training for mothers of toddlers on parents' knowledge about child development at the Binjai Serbangan Health Center, Air Joman District. 2021. These results prove that the mother-to-five class training can have a positive influence on parents' knowledge about children's growth and development.

### 3.4 Discussion

#### a. Parental Knowledge About Child Development Prior to the training for mothers under five at the Binjai Serbangan Health Center, Air Joman District in 2021

Based on the results of the study, it was shown that the knowledge of parents about children's growth and development before the class training for mothers under five had less knowledge, namely 10 respondents (50.0%) and 8 people (40.0%) had sufficient knowledge. Knowledge between respondents is not the same from one another due to different educational backgrounds. Knowledge of respondents who fall into the category of less can be caused by factors of low education of respondents and environmental factors.

Most of the respondents who fall into the poor category have junior high school education (SMP), while those who have good knowledge are mostly high school and college educated. This shows that the higher a person's education, the higher the knowledge gained and someone will practice the knowledge. The results of this study support the theory put forward by Notoadmojo (2012) which states that educational background is one of the components that influence the learning process and conveying information. A person's education greatly affects knowledge, skills and affects the mother's mindset in digesting health information.

This research is in line with Raehan's research (2019). From the results of the pre-test, there are still some respondents who have less knowledge, this is because when there is counseling the respondent is not on time in attending the counseling so that the respondent does not receive complete counseling. Individual, family and community awareness of health problems, both personal health, family health and environmental health is still low, it is very necessary to do health education that can provide an explanation to the community about the importance of health.

Toddler class training is an educational activity carried out by spreading messages, instilling confidence so that people are not only aware, know and understand but are also willing and able to carry out a recommendation that has to do with health. In the sense that toddler class training is a process that bridges the gap between health information and health practice, which motivates a person to obtain information and do something so that he can keep himself healthier by avoiding habits that benefit health. (Raehan, 2019)

According to the researcher, it is known that the knowledge of mothers of toddlers before being given class training for mothers of toddlers still lacks knowledge about child growth and development. This result can be influenced by other factors that cause the mother's lack of knowledge about child development, such as

low education and lack of information. In addition, the desire of mothers to seek information about the growth and development of children under five is still relatively minimal. This is due to the lack of awareness of mothers about the development of their toddlers and still considers that information or knowledge about stimulation of toddler development is not too important to know.

**b. Parental Knowledge About Child Development After the mother-to-five class training was carried out at the Binjai Serbangan Health Center, Air Joman District in 2021**

Based on the results of post-test research, it shows that the mother's knowledge about child growth and development after class training for toddlers has good knowledge, namely 11 respondents (55.0%) and the minority is lacking, namely 2 respondents (10.0%).

From the post-test results, it shows that there is a change in respondents' knowledge after being given class training for mothers of toddlers so that it helps increase respondents' knowledge, the majority of respondents with good knowledge category but there are still respondents with poor knowledge category this is due to age and education so that respondents do not accept delivery in mother-to-child class training.

This research is in line with Anita, et al (2016) which states that there is an effect of class training for mothers under five on parents' knowledge about children's growth and development. The results of this study are supported by the results of research by Kartikawati, et al (2014) which shows that there is an effect of the mother's class on increasing knowledge. Ningtyas' research (2015) suggests that there are differences in the knowledge of mothers who have toddlers 0–59 months in the working area of the Puskesmas that carry out mother to toddler classes. At the Jogoloya Health Center, most of the knowledge of mothers under five about maternal and child health and growth and development of toddlers was in the good category (74.7%).

The treatment (intervention) carried out in this study used a learning method using slide media with LCD projectors, flipcharts, leaflets and VCD stimulation, detection, early intervention on toddler growth and development as an educational tool to find out how the differences in the effect of class training for mothers of toddlers on increasing knowledge of mothers of toddlers. Aids are very useful in providing education, which is expected in the implementation of classes for mothers of toddlers not only using counseling methods (lectures), so that in practice, mothers of toddlers are not bored in participating in class activities for mothers of toddlers.

According to Notoatmodjo (2010), the method of health education is a combination of methods or methods used in every implementation of health education. Based on the target, methods and techniques of health education are divided into 3, namely educational methods, individual health, this individual method is used to foster new behavior, or foster someone who has begun to be interested in a behavior change or innovation.

Information on Maternal and Child Health in the MCH handbook is very complete, so that with the MCH book, mother's knowledge will increase, thereby increasing the degree of Maternal and Child Health. With the class for mothers under five, the use of the MCH book will be maximized, because apart from reading to increase knowledge, in the mother-to-five class, participants get direct information contained in the MCH book.

According to the opinion of the researcher, it is known that the knowledge of mothers about the growth and development of toddlers has increased after being given training for mothers of toddlers. The role of a mother is very large in child care and in providing stimulation to children. Therefore, good knowledge about child growth and development is needed so that child development can develop optimally. Class training for mothers of toddlers is one of the efforts that can increase mother's knowledge about the growth and development of toddlers.

**c. The Effect of Mother Toddler Class Training on Parents' Knowledge About Child Development at the Binjai Serbangan Health Center, Air Joman District in 2021**

Based on the results of the Wilcoxon Signed Rank Test, a p value = 0.000, meaning that at alpha 5% it was seen that there was a significant effect of Mother Toddler Class Training on Parental Knowledge About Child Growth and Development at the Binjai Serbangan Health Center, Air Joman District in 2021 which was significant between the knowledge of mothers of toddlers before and after attending the Mother Toddler Class Program training.

The results of this study are in accordance with the government's expectations in the purpose of implementing mother-to-five classes by participating in mother-to-five classes as a means to learn together about health for toddlers aiming to increase knowledge, change attitudes and behavior of mothers in order to understand growth and carry out developmental stimulation and detect growth and development in children. toddlers (Kemenkes RI, 2015). Any bit of information obtained by mothers of toddlers in the class of mothers of toddlers will be useful for detecting growth and development disorders.

The results of this study are in line with the results of Ningtyas' research (2015) that there is an effect of mother class 0-59 months on knowledge of the use of MCH books, in line with the results of research by Sulistiyawati, et al. (2016), there is a significant relationship between mother's knowledge and attitudes in stimulating growth and the development of malnourished children under five in Banaran Village, Working

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Area of Galur II Health Center Kulon Progo Yogyakarta, in line with research conducted by Kartikawati, et al. The results of this study are different from the results of research by Chikmah, et al (2016), showing that increased knowledge,

The difference in knowledge of mothers of children under five before and after training is caused by several factors including the characteristics of mothers of children under five which include age, education, while other factors are process factors in training. The results of this study are in line with the theory that external factors or factors originating from outside the individual such as training can have an effect on increasing the knowledge of mothers of children under five. Mothers of toddlers can remember the material that has been delivered by the tutor and in this knowledge means being able to recall information, material or material from the stimulus received (Notoadmodjo, 2010).

This may be because during the class training, mothers of toddlers have received information, interacted and shared experiences between participants (mothers of toddlers and mothers of toddlers) as well as with tutors/midwives regarding detection of toddler growth and development. For respondents who get a score that is below the average, it may be due to lack of information and errors in interpreting the information obtained during class for mothers of toddlers. This is in accordance with the opinion of Nanda (2015) that what affects respondents to get the lowest score related to lack of knowledge (deficient knowledge) is mainly due to lack of exposure to information and errors in interpreting information, in addition to other factors such as lack of memory, cognitive limitations,

The increase in knowledge in this study is one of the benchmarks for the success of class training for mothers of toddlers, in which there are learning activities (learning) from a cognitive perspective, through sequential transformation of information on the respondent. This is in line with the views of Santrock (2011) in his book Educational Psychology which states that the learning process is a series of events/events within the subject that take place sequentially starting with a stimulus/stimulus and ending with feedback (in this case pre-study). posttest). While the subject himself felt the effect of the stimulus was in the form of learning achievement, thus the subject received confirmation that the whole learning process had been running properly and correctly.

According to the researcher, class training for mothers under five is one of the efforts that can increase mother's knowledge about child growth and development. To find out changes in mother's knowledge about child growth and development, a pretest and post test were carried out. This is in accordance with Puspitasari's research (2017), that health education can change mother's knowledge. Mothers who were respondents in this study became aware of the stimulation of toddler development and became willing and able to stimulate gross motor development in accordance with the recommendations given.

### 3.5 Research Limitations

Based on the results of the study that the class of mothers under five had an effect on increasing mother's knowledge, this was in accordance with the purpose of the class for mothers of children under five, namely increasing knowledge in monitoring or detecting the growth and development of their toddlers. Increased knowledge and attitudes are interconnected. Many factors influence the success of a training or health education. Although health promotion with the mother-to-five class method further increases the absorption of material, it is also possible to develop the material as much as possible in accordance with the available teaching materials and can be carried out in conjunction with the posyandu.

## 4. Conclusion

Based on the description of the results of research and discussion, it can be concluded as follows:

- a. Parents' knowledge about children's growth and development prior to the training for mothers of toddlers at the Binjai Serbangan Health Center, Air Joman District in 2021, the majority had less knowledge, namely 10 respondents (50.0%)
- b. Parents' knowledge about child growth and development after training for mothers under five at the Binjai Serbangan Health Center, Air Joman District in 2021, the majority had sufficient knowledge, namely 11 respondents (55.0%)
- c. There is a significant effect of class training for mothers under five on parents' knowledge about child development at the Binjai Serbangan Health Center, Air Joman District in 2021, with a p value  $(0.000) < (0.05)$ . These results prove that class training for mothers of toddlers can have a positive influence on increasing parents' knowledge about children's growth and development.

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