



# Empowering Mothers through the Utilization of Maternal and Child Health Handbooks in Preventing Child Growth and Development Problems

Lama'ah Azzahra<sup>1</sup> and Nyoman Anita Damayanti<sup>2</sup>

<sup>1</sup> Doctoral Student, Faculty of Public Health, Universitas Airlangga, Surabaya, East Java 60115, Indonesia

<sup>2</sup> Department of Health Policy and Administration, Faculty of Public Health, Universitas Airlangga, Surabaya, East Java 60115, Indonesia  
lamaah.azzahra-2025@fkm.unair.ac.id

**Abstract.** Child development problems are still a crucial public health problem in Indonesia. Maternal and Child Health (MCH) handbook is one of the important instruments that can be utilized by mothers to detect early and prevent various child growth and development problems such as stunting, underweight and wasting. To support the improvement of health quality, mothers need to be facilitated and empowered to be able to own, understand and use the MCH Handbook effectively. This article aimed to assess the effectiveness of the MCH Handbook in preventing child development problems and explore how maternal empowerment supports its optimal use. This research used the narrative literature review method by analyzing articles published in the last five years related to the use of MCH Handbook, child growth and development, and maternal empowerment. Literature analysis was conducted after collecting articles through several databases such as Science Direct, Google Scholar and PubMed. The results showed that empowering mothers through education, cadre training, and maternal-child classes increase active use of the MCH Handbook. Active users are better at identifying developmental delays and taking early preventive action. The effectiveness of MCH Handbook utilization is influenced by health literacy, understanding the contents of the handbook, and maternal involvement in educational activities. Beyond monitoring growth and development, the MCH Handbook serves as a tool to empower mothers in preventing avoidable child mortality. Strengthening education, simulation and mentoring systems in utilizing the MCH Handbook is needed to support early prevention of child growth and development disorders and strengthen human security in the family and surrounding community.

**Keywords:** Growth and Development, Maternal and Child Health Handbooks, Mother Empowerment.

## 1 Introduction

Child growth and development issues are important indicators in assessing the level of public health, especially in developing countries such as Indonesia. Problems such as

stunting, underweight and wasting can have long-term effects on children's cognitive and social abilities, as well as their economic potential in adulthood. According to data obtained from the East Java Provincial Health Profile and the Indonesian Nutrition Status Survey (SSGI), stunting is the most prevalent growth and development disorder. The rate is still above the national stunting reduction target of 14%, indicating that stunting remains a major challenge in efforts to improve the capacity and quality of Indonesia's human resources (Dinkes Prov. Jatim, 2025; SSGI, 2025).

Stunting is a growth disorder in children, indicated by a height that is below the standard for their age based on growth standards. One of the main causes is micronutrient deficiency due to insufficient intake of vitamins and minerals, which affects a child's physical growth, especially their height and weight. According to the WHO, stunting occurs when a child's height is below -2 standard deviations (SD) from the median of the Child Growth Standards (Imran, 2020). The issue of stunting is a serious concern in public health because it increases the risk of illness and death among children worldwide (Danso & Appiah, 2023). UNICEF and WHO state that stunting in children aged under five years has become a long-standing global problem. Although there has been a 20% decline in prevalence over the past ten years, this condition remains a worrying global health issue (Deda, et al, 2024).

Based on data from the Ministry of Health (2021), the stunting prevalence target among toddlers is expected to decrease to 14% by 2024 (Perpres RI, 2021), however, over the past four years, the prevalence of stunting in Indonesia has shown a downward trend from 21.6% in 2022 (Kemenkes, 2022) to 19.8% in 2025 (Dinkes Prov. Jatim, 2025; SSGI, 2025). Despite the decline, the figure is still relatively high compared to the target that has been set. Therefore, innovative efforts are needed in stunting prevention in order to achieve the RPJMN target of 14%. To achieve this, appropriate and sustainable interventions are needed so that the decline in stunting prevalence can reach a minimum of 2.7% annually (SSGI, 2021).

The Maternal and Child Health Handbook (MCH) is a communication and monitoring tool that has been used nationally to record the condition of mothers and the growth and development of children from pregnancy to school age. The Indonesian government uses the Maternal and Child Health Handbook (MCH) to monitor child growth and development, given the complexity of child development issues in Indonesia. However, its use in the field is often still suboptimal. In various countries, this book has demonstrated effectiveness in enhancing quality and coverage of MCH services and has become an important part of primary health care (Kaneko et al., 2017).

Mothers play a key role in understanding the contents and utilizing the MCH Handbook, not just owning it. Empowering mothers is necessary to ensure the effective use of the MCH Handbook, with the hope of reducing child growth and development problems in Indonesia. This article provides a narrative review of various literature related to the role of the MCH Book in preventing child growth and development problems and the contribution of mother empowerment as a form of investment in human security.

## 2 Method

This article was used the narrative literature review method, which is a method of reviewing literature by examining several relevant publications to present logical arguments about existing knowledge/information related to a topic. This method is also suitable for use in research that explores various approaches and issues by analyzing and summarizing research findings in depth. Narrative reviews can focus on a single primary source containing various data for analysis, with the aim of broadening insight and developing concepts (Mahesa, et al, 2025).

Relevant literature was identified through searches of several databases, such as Science Direct, Google Scholar and PubMed. Several keywords used in the literature search were: "Utilization/Use of MCH Books", "Child Growth and Development/Stunting" and "Empowerment of Mothers/Health Literacy". Several inclusion criteria used in the literature search included:

- a) Articles published in the last 5 years (2021–2025);
- b) Articles in Indonesian and English;
- c) Research methods in articles do not include literature reviews and the like;
- d) Articles that focus on discussing the use of MCH Handbooks or the role of mothers in child growth and development.

Articles that did not fulfill the four inclusion criteria were excluded from the analysis in this study. After the article selection process was carried out, 13 relevant articles were found and then analyzed narratively. The data analysis technique in narrative reviews was carried out in several steps. First, research questions were formulated, such as: "What research methods were used?", "What were the research results?", and "How is this article relevant to the research topic?". Next, references were searched for through several databases using keywords relevant to the research topic. The abstracts and contents of the selected articles were reviewed when suitable articles were found, and then a comprehensive analysis of the documents was conducted (Putri, et al, 2022). All data obtained was then compiled into a table. Detailed data on the articles analyzed is presented in Table 1.

**Table 1.** Data from the Articles Analyzed.

No	Articles Identity
1	Kusumaningsih, TP & Anggraeni, SD. (2021). The Relationship Between Knowledge and Mothers' Participation in Toddler Mother Classes. <i>Jurnal Ilmiah Kesehatan Ar-Rum Semarang</i> , Vol. 6, No. 1. <a href="https://doi.org/10.36409/jika.v6i1.124">https://doi.org/10.36409/jika.v6i1.124</a>
2	Hasanah, H., Isnaniah, Dewi, VK., Hapisah. (2025). The Relationship between Knowledge and Attitudes of Pregnant Women and the Use of MCH Handbooks in the Tirta Jaya Community Health Centre Working Area in 2024. <i>Seroja Husada: Jurnal Kesehatan Masyarakat</i> , Vol. 2, No. 2, Hal. 91-105. <a href="https://doi.org/10.572349/husada.v1i1.363">https://doi.org/10.572349/husada.v1i1.363</a>
3	Fadyah, HN., Yulifah, R & Yuliawati, D. (2025). Analysis of Empowering Mothers in Conducting Child Development Screening Using the MCH (Maternal and Child Health) Handbook. <i>Jurnal Praba: Jurnal Rumpun Kesehatan Umum</i> , Vol. 3, No.3, Hal. 105–117. <a href="https://doi.org/10.62027/praba.v3i3.507">https://doi.org/10.62027/praba.v3i3.507</a>

No	Articles Identity
4	Aoki, A., Mochida, K., Kuramata, M., Sadamori, T., Bhandari, AKC., Freitas, HR., Cunha, JDD., <i>et al.</i> (2022). The RE-AIM Framework-based Evaluation of the Implementation of the Maternal and Child Health Handbook Program in Angola: A Mixed Methods Study. <i>BMC Health Services Research</i> , Vol. 22, No. 1071. <a href="https://doi.org/10.1186/s12913-022-08454-9">https://doi.org/10.1186/s12913-022-08454-9</a>
5	Areemit, R., Saengnipanthkul, S., Sutra, S., Lumbiganon, P., Pornprasitsakul, P., Paopongsawan, P., Sripanidkulchai, K. (2023). Effectiveness of a Mobile App (KhunLook) Versus the Maternal and Child Health Handbook on Thai Parents' Health Literacy, Accuracy of Health Assessments, and Convenience of Use: Randomized Controlled Trial. <i>Journal Med Internet Res</i> , Vol. 9, No. 25. doi: 10.2196/43196. PMID: 37159258; PMCID: PMC10206628.
6	Sitorus, SBM., Noya, F., Nurmalisa, BE., Lailatul, MK. (2025). Empowering Posyandu Cadres and Mothers in Monitoring Under-Five Children's Development Through Education And Simulation in Pinedapa Village. <i>Community Empowerment Journal</i> , Vol. 10, No. 5. <a href="https://doi.org/10.31603/ce.12209">https://doi.org/10.31603/ce.12209</a>
7	Wardhani, RK., Nirmala, KS., Dinastiti. (2023). Mother Education in Improving Parenting in the Family. <i>Jurnal Abdimas Pamenang</i> , Vol. 1, No. 2. <a href="https://doi.org/10.53599/jap.v1i2.153">https://doi.org/10.53599/jap.v1i2.153</a>
8	Jalilah, NH & Ariyanti, R. (2022). Toddler Classes for Optimizing Child Growth and Development During the Covid-19 Pandemic (In Gunung Lingkas Village, East Tarakan District, Tarakan City). <i>Jurnal Pengabdian Masyarakat Borneo</i> , Vol. 6, No. 1. <a href="https://doi.org/10.35334/jpmb.v6i1.2472">https://doi.org/10.35334/jpmb.v6i1.2472</a>
9	Anwar, KK., Naningsih, H., Saraswati, E., Yustiari, Syahrianti. (2023). Improving the Quality of Maternal and Child Health Services through Socialization of Breastfeeding and Infant Growth and Development among Mothers of Infants. <i>Ahmar Metakarya: Jurnal Pengabdian Masyarakat</i> , Vol. 2, No. 2. <a href="https://doi.org/10.53770/amjpm.v2i2.144">https://doi.org/10.53770/amjpm.v2i2.144</a>
10	Nurhayati, Puspita, E., Yuliani, V., Triyani. (2023). Stimulation Of Infant Growth Development During The Covid 19 Pandemic At The Working Area Of The Cilandak Timur Village Health Center. <i>Gemakes: Jurnal Pengabdian Kepada Masyarakat</i> , Vol. 3, No. 1. <a href="https://doi.org/10.36082/gemakes.v3i1.1060">https://doi.org/10.36082/gemakes.v3i1.1060</a>
11	Tarsikah & Wulandari, LP. (2023). Peningkatan Pengetahuan dalam Upaya Pemberdayaan Ibu dalam Pemantauan Tumbuh Kembang melalui Kelas Balita. <i>JPKMI (Jurnal Pengabdian Kepada Masyarakat Indonesia)</i> , Vol. 3, No. 1, Hal. 63-68. e-ISSN: 2809-9311; p-ISSN: 2809-9338.
12	Ningsih, RA., Yusrawati., Serudji, J. (2023). Maternal and Child Health Handbook Utilization, Quantity and Quality of Antenatal Services, and Maternal Emergency Rates in Padang City in 2022. <i>Kesmas: Jurnal Kesehatan Masyarakat Nasional (National Public Health Journal)</i> , Vol. 18, No. 1, Hal: 65-72. DOI: 10.21109/kesmas.v18i1.6364
13	Sari DN. (2023). Relationship between Utilization of the MCH Handbook and Mother's Knowledge and Attitudes in Early Detection of Stunting. <i>International Journal of Science and Society (IJSOC)</i> , Vol. 5, No. 2. <a href="https://doi.org/10.54783/ijsoc.v5i2.695">https://doi.org/10.54783/ijsoc.v5i2.695</a>

### 3 Results and Discussion

The Maternal and Child Health (MCH) Handbook is an important guide that contains health records and service information for mothers and children. This book is used by

mothers, cadres and health workers to monitor health conditions, provide education and offer ongoing counseling. As a medium for Communication, Information, and Education (KIE), the MCH handbook aims to increase families' knowledge about health care from pregnancy to children aged six years. Its contents include immunization, nutrition, growth and development stimulation and early detection of health disorders (Yani et al., 2023).

As a communication, information, and education (KIE) medium, the MCH Handbook is not only a source of information, but also a tool for empowering mothers in supporting their children's growth and development. The active involvement of mothers in monitoring the growth of toddlers, especially those experiencing stunting, enables early detection and rapid response when growth and development disorders occur. By making mothers the main subject, programs to reduce stunting and other growth and development problems become more effective and sustainable.

**Table 2.** Research Themes/Topics

No	Author (Year)	Research Theme/Topic
1	Kusumaningsih & Anggraeni (2021)	The Relationship Between Knowledge and Mother Participation in Toddler Mother Classes
2	Hasanah, <i>et al</i> (2025)	The Relationship between Mothers' Knowledge and Attitudes and the Use of MCH Handbooks
3	Fadyah, <i>et al</i> (2025)	Empowering Mothers in Conducting Child Development Screening Using MCH Handbooks
4	Aoki, <i>et al</i> (2022)	Evaluation of the Implementation of the MCH Handbook Program
5	Areemit, <i>et al</i> (2023)	Effectiveness of the MCH Handbook
6	Sitorus, <i>et al</i> (2025)	Empowering Mothers in Monitoring Under-Five Children's Development
7	Wardhani, <i>et al</i> (2023)	Mother Education in Improving Parenting in the Family
8	Jalilah & Ariyanti (2022)	Optimizing Child Growth and Development through Toddler Classes
9	Anwar, <i>et al</i> (2023)	Quality of MCH Services Through Socialization of Infant Growth and Development to Mothers
10	Nurhayati, <i>et al</i> (2023)	Stimulation Of Infant Growth Development
11	Tarsikah & Wulandari (2023)	Empowering Mothers (Knowledge Enhancement) in Growth and Development Monitoring
12	Ningsih, <i>et al</i> (2023)	Utilization, Quantity and Quality of the MCH Handbook
13	Sari (2023)	MCH Handbook Utilization, Maternal Knowledge and Attitudes in Early Stunting Detection

Based on Table 2, it is known that the 13 reference articles analyzed have diverse research themes/topics, but overall the themes/topics are interconnected and relevant to the MCH Handbook as an information and educational resource that can be used independently by mothers to monitor their children's growth and development. The MCH Handbook is not only a medical record, but also a tool to support decision-making related to children's health. With the active involvement of mothers in utilizing the MCH Handbook, the monitoring process becomes more focused, enabling early detection of growth and development problems and also supporting efforts to prevent stunting in children more effectively and sustainably.

**Table 3.** Research Methods.

No	Author (Year)	Research Method
1	Kusumaningsih & Anggraeni (2021)	<i>Cross Sectional</i>
2	Hasanah, <i>et al</i> (2025)	<i>Cross Sectional</i>
3	Fadyah, <i>et al</i> (2025)	<i>Cross Sectional</i>
4	Aoki, <i>et al</i> (2022)	<i>Cross Sectional</i>
5	Areemit, <i>et al</i> (2023)	<i>Randomized Controlled Trial</i>
6	Sitorus, <i>et al</i> (2025)	Education and Simulation
7	Wardhani, <i>et al</i> (2023)	Education and Simulation
8	Jalilah & Ariyanti (2022)	Education and Simulation
9	Anwar, <i>et al</i> (2023)	Education and Simulation
10	Nurhayati, <i>et al</i> (2023)	Education and Simulation
11	Tarsikah & Wulandari (2023)	Participatory Approach
12	Ningsih, <i>et al</i> (2023)	<i>Mixed Methods</i>
13	Sari (2023)	<i>Cross Sectional</i>

Based on Table 3, it has been established that of the 13 articles analyzed, there were five types of research methods used, namely Cross Sectional, Mixed Methods, Randomized Controlled Trial, Participatory and Educational Approach, and Simulation. The variety of methods used shows a comprehensive explanation in evaluating the effectiveness of interventions on child growth and development issues related to MCH Handbook utilization. The results of these studies indicate that the MCH Handbook functions not only as a recording instrument, but also as a reliable source of information and educational resource. The MCH Handbook can be used independently by mothers to improve their knowledge and skills in monitoring child growth and development, thereby encouraging the active role of parents in ongoing child health maintenance efforts.

**Table 4.** Analysis of Research Results

No	Author (Year)	Research Results
1	Kusumaningsih & Anggraeni (2021)	The results indicated a significant relationship between mothers' knowledge and their participation in toddler mother classes (significance value 0.002), which were a means of learning together about toddler health, including mothers' attitudes and behaviors in utilizing MCH handbooks as an effort to achieve optimal toddler growth and development.

No	Author (Year)	Research Results
2	Hasanah, <i>et al</i> (2025)	The use of MCH handbooks is also important for pregnant women and mothers of toddlers, where bivariate analysis shows that there is a relationship between mothers' knowledge and attitudes and the use of MCH books. The existence of MCH handbooks can also serve as an early detection tool if one or more risk factors are found that could cause health problems for pregnant women and their toddlers.
3	Fadyah, <i>et al</i> (2025)	Empowering mothers contributes to their ability to independently screen their children's growth and development using MCH handbooks for toddlers attending early childhood education and kindergarten.
4	Aoki, <i>et al</i> (2022)	A survey of 88 health facilities and 216 health workers, along with 155 interviews, was conducted to evaluate MCH-HB implementation. The implementation target was achieved by 56.8% of facilities, with higher success in urban (68.4%) than rural areas (53.6%) and among higher-level facilities (hospitals 83.3%, health centers 59.3%, health posts 52.7%). Analysis revealed that the MCH handbook's comprehensive content was the key facilitator, while insufficient training for health workers was the main barrier.
5	Areemit, <i>et al</i> (2023)	There was an increase in health literacy related to child health management among 358 respondents (parents, including mothers) after the intervention. Parents' ability to assess head circumference and measure their children's growth and development also improved compared to the control group.
6	Sitorus, <i>et al</i> (2025)	The results demonstrated a significant increase in the knowledge of mothers of toddlers following educational interventions. Their skills in monitoring child growth and development also improved after simulation exercises, indicating that education combined with simulation is effective in enhancing maternal capacity for child growth and development monitoring.
7	Wardhani, <i>et al</i> (2023)	Education and simulation in the toddler class enhanced mothers' knowledge of child growth monitoring and balanced nutrition.
8	Jalilah & Ariyanti (2022)	After conducting empowerment activities for mothers of toddlers, there was an increase in the knowledge and skills of mothers of toddlers in providing stimulation for child growth and development before (40%) and after (78%) using the MCH handbook. This improved the ability of cadres in managing toddler mother classes before (55%) and after (86%), and the MCH handbook can also be consciously used as a guideline for stimulating toddler growth and development for mothers of toddlers and cadres.
9	Anwar, <i>et al</i> (2023)	The results of maternal empowerment activities indicated improvements in mothers' knowledge and skills related to

No	Author (Year)	Research Results
		breastfeeding and the detection of child growth and development. These gains were observed following the use of the MCH Handbook and counseling sessions. Regular training, conducted monthly or annually, is recommended to prevent growth and development problems such as stunting, and to enable mothers to share this knowledge with the broader community.
10	Nurhayati, <i>et al</i> (2023)	There was an increase in mothers' knowledge about child growth and development ( $p = 0.001$ ), accompanied by more optimal growth and development in babies who regularly attended baby gym, as seen from the increase in growth charts on the KMS. It can be concluded that regular and targeted baby gym can stimulate baby growth and development, along with an increase in mothers' knowledge about stimulation through baby gym movements.
11	Tarsikah & Wulandari (2023)	The growth and development monitoring results showed that one toddler needed to be referred to the community health center. The evaluation of the activity showed active participation from the participants, as evidenced by four out of five mothers asking questions during the discussion session. This activity is expected to encourage mothers to change their behavior and attend health posts more regularly to monitor the growth and development of their toddlers.
12	Ningsih, <i>et al</i> (2023)	The findings revealed a significant association between MCH Handbook utilization and maternal outcomes ( $p = 0.043$ ). However, not all mothers fully understood its benefits; many rarely read the handbook, and some believed it could directly prevent emergency cases. Most mothers were satisfied with antenatal care quality; however, maternal emergency cases remained considerable. Therefore, increasing both the utilization of the MCH Handbook and the quality and quantity of antenatal care services is essential.
13	Sari (2023)	The study revealed that using the MCH Handbook as a communication tool had the strongest influence on maternal knowledge (OR = 12.007) and significantly affected mothers' attitudes toward early detection of stunting.

### 3.1 The Role of MCH Books in Monitoring Child Growth and Development

According to several studies, MCH handbooks serve as a source of health information that can effectively help mothers detect developmental delays in children (such as stunting) through the provided developmental milestone guidelines (Sari, et al, 2025). Several measurements of child growth and development listed in the MCH handbook include height/length, weight, head circumference, and fine and gross motor skills (Kemenkes RI, 2024). WHO, together with several health institutions, recommends the MCH handbook as a form of integrated health record (Home Based Record) to improve the utilization of health services, especially child health services. In addition, the MCH

handbook also serves as a means of self-learning for parents (especially mothers) and supports the improvement of the Continuum of Care (Carandang, et al, 2021).

The Maternal and Child Health Handbook has also gained attention from many health institutions, such as ministries of health and professional organizations in various countries, as an effective tool to support health care throughout all stages of life. This book has also been used in more than 50 countries, including Indonesia, Japan, Mongolia, Sudan and Philippines. Consistent utilization of this book is associated improved maternal behaviour, reflected in more frequent visits to health posts and facilities for child growth and development monitoring and take immediate action when health problems/disorders occur (Aoki, et al, 2022).

### **3.2 Challenges in Utilizing MCH Handbooks**

The proportion of MCH handbook ownership in Indonesia is still 84.1%, with 78.5% able to show their MCH handbook and 5.6% unable to show their MCH handbook physically. Approximately 15.9% of mothers of young children have not yet received or do not own a Maternal and Child Health (MCH) handbook. The SSGI (2025) data also explains that of the 84.1% of mothers who have an MCH handbook, 85.1% received an explanation of the MCH handbook from health workers, and 53.33% discussed the contents of the MCH handbook with other mothers. Based on this, it is known that MCH handbook ownership has not reached the target (100%) and its utilization is still low (SSGI, 2025). Most mothers still do not understand and are unable to discuss the contents of the MCH handbook with other mothers. This is because many mothers do not read or understand the contents of the book and only bring the book with them when visiting health facilities. In some areas, the MCH handbook is not kept by the mothers but is entrusted to health cadres for safekeeping, so that the MCH handbook is not lost. Factors such as low health literacy, lack of education from health workers, and the perception that the MCH handbook is only for administrative purposes are the main obstacles for mothers in utilizing the MCH handbook (Ningsih, et al, 2023).

Lack of maternal awareness about MCH Handbook utilization, which is often considered only as a record for health workers, is an obstacle in shaping health behaviors. The level of mothers' understanding can be seen from their reading habits regarding the contents of the MCH handbook, ranging from not reading it at all to reading the entire contents (Wardiyati & Isnaeni, 2023). Adequate knowledge encourages mothers to read, understand, and carry the MCH handbook, as well as be more open to information and issues related to their children's growth and development. Various efforts to increase mothers' knowledge can also be obtained through toddler classes, mother empowerment, and counseling from health cadres and other health workers (Hasanah et al., 2025).

### **3.3 Empowering Mothers as a Key Factor**

Empowering mothers through education programs, cadre training, and involvement in toddler mother classes has been proven to increase the use and active utilization of the MCH handbook. This is in line with findings by Jalilah & Ariyanti (2022), Anwar, et

al (2023), Nurhayati, et al (2023), Tarsikah & Wulandari (2023), Wardhani, et al (2023) and Sitorus, et al (2025) Education, simulation, and empowerment of mothers through socialization, health literacy, and participation in toddler mother classes effectively improve mothers' knowledge and skills in monitoring child growth and development, including breastfeeding, child stimulation, and utilization of the MCH handbook. This improvement can be seen from the significant changes before and after the intervention/stimulation, both in mothers and health cadres. The MCH handbook has also proven to be useful as a practical guide, and several activities such as baby gym also contribute to optimal child growth and development if done regularly. Active participation of mothers in discussions also reflects high involvement, and with this increased knowledge, it is hoped that it will encourage sustainable behavior among mothers, such as visiting the posyandu to monitor growth and development. The results also show that mothers who attended at least two educational sessions were three times more likely to use the MCH handbook independently, with the hope that this will reduce child growth and development problems, such as stunting, in Indonesia and globally (Jalilah & Ariyanti, 2022; Anwar, et al, 2023; Nurhayati, et al, 2023; Tarsikah & Wulandari, 2023; Wardhani, et al, 2023; Sitorus, et al, 2025).

## 4 Conclusion

The MCH handbook is an important tool in monitoring and early prevention of child growth and development problems. However, its use is still not optimal due to low health literacy and lack of empowerment among mothers. Through an educational and participatory approach, mothers can be empowered to become key actors in maintaining the quality of their children's growth and development. This not only has an impact on individual health, but also strengthens social resilience and supports the achievement of sustainable development goals through a human security approach. Future research should focus on identifying effective strategies to enhance maternal literacy and empowerment, exploring barriers to MCH Handbook utilization across different populations, and evaluating the long-term impact of its use on child growth and community health outcomes.

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