

**Learning Activity:**

<b>LEARNING OBJECTIVES</b>	<b>EXPANDED CONTENT OUTLINE</b>
The learner will be able to use massage balls of treatment helps mothers and health-care providers handle breast engorgement symptoms more effectively in primary care, which in turn promotes the length and quality of breastfeeding.	This method provides an alternative for nurses to manage breast engorgement more effectively and thus increases the quality of care in early postpartum mothers and infants.
The learner will be able to use massage balls of treatment and helps mothers to increase the satisfaction of the amount of breast secreted.	These results show that massage balls in the postnatal period should be encouraged and applied to postpartum care. It should be promoted to help lactating women to breastfeed successfully.