



Fulfillment of Nutrition with Monitoring Children's Growth and Development in Efforts to Prevent Stunting in Early Age Children

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Abstract

Nutrition is an important factor in supporting the growth and development of early childhood. Good health will help optimize children's growth and development. This research aims to determine nutritional requirements and monitor children's growth and development at Darussalam Kindergarten, Yogyakarta. The method used in this research is descriptive qualitative. The sources of information in this research are teachers, school principals and children. Data collection techniques include observation, interviews and documentation. Data analysis techniques by reducing, presenting and drawing conclusions. The research results obtained show that Darussalam Kindergarten Yogyakarta has implemented various efforts to prevent stunting through a program to fulfill nutritional needs and monitor child growth and development. The program includes daily, monthly, and annual nutritional activities, as well as monitoring of Early Detection of Growth and Development (DDTK) carried out together with parents and the Health Center. In addition, health interventions such as deworming, vitamins, immunizations, and periodic weight and height measurements are also provided. The program has proven effective in preventing stunting. through programs that are implemented in a structured manner and involve various parties, especially parents and health workers, showing a holistic approach and potentially effective in preventing stunting. The active involvement of parents strengthens the continuity of monitoring child nutrition both at school and at home. The collaborative model implemented by Darussalam Kindergarten can be used as a reference for other early childhood education institutions in efforts to prevent stunting early and sustainably.

Keywords: Early Childhood, Growth and Development, Nutrition

Introduction

Early childhood is a period called the golden age. This is because the growth and development of children at this age is rapid, both physically and mentally (Dadan Suryana, 2016). Therefore, the growth and development process must be supported optimally, one of which is good nutrition. Presidential Regulation Number 60 of 2013 states that improving the quality of human resources to achieve optimal growth and development is very dependent on the quality of children's development at an early age, namely from fetus to adulthood. 6 (six) years (Susanto, 2014). To ensure the realization of rights related to the growth and

development of early childhood, apart from care, education, protection, welfare and educational stimulation, it is also necessary to invest in improving health and nutrition (Mayar & Astuti, 2021).

Children are also susceptible to disease at an early age, both viral and bacterial. Therefore, young children need a good and balanced diet every day, namely the composition of daily food that contains nutrients in types and quantities according to the body and its needs (Aryastami & Tarigan, 2017), taking into account the principle of diversity or versatility. food, movement and hygiene, and ideal body weight. Implementing a nutritious diet will build a strong immune system so that children remain healthy and have optimal growth and development (Windarta, 2021).

Nutrition is a source of nutrients obtained by the body, nutrition is the amount of food given to children, which is then absorbed into the nutrients needed by the child's body. Nutrition is a chemical bond that the body needs to carry out its functions, namely obtaining energy, building and maintaining tissue, and regulating life processes (Feri, 2022). According to Boushey et al. in Febrinasari, nutrition is the process by which the human body uses food to produce energy, maintain health, grow and maintain the normal function of each organ to maintain food intake and nutritional needs (Febrinasari et al., 2023).

Children have the right to health as a process of growth and development in their lives for their own future (Hermawan & Hermanto, 2020). If the child is in good health, the child can do whatever he wants without interference, carry out his activities well and smoothly, think rationally and concentrate on learning. In 2009, the Ministry of Health listed indicators for children and health, which stated (1) the child's weight follows the growth line following the KMS green line or increases above it. (2) children grow taller (3) children develop their skills as they get older (4) rarely get sick (6) cheerful, active and lively (Feri, 2022).

Healthy children show characteristics in various aspects, including physical, psychological and socialization. From the physical side, it appears that the child and his body are healthy and experiencing normal physical growth, namely increasing the child's weight and height. The psychological side of children can be seen in healthy children and naturally developing souls, in children's increasingly intelligent way of thinking, and in children's increasingly sensitive emotional capacities. In terms of socialization, children are active and enthusiastic (Maryumi et al., 2022).

Early childhood, children need nutrition throughout their lives, because nutrition is a very important factor in supporting children's growth and development. Apart from that, nutrition in every aspect also plays an important role in the growth and development process (Windarta, 2021). Nutrient-rich foods have a big impact on maintaining children's physical and mental health. One of the factors causing malnutrition is that children do not receive food that contains nutritional intake and parents and teachers lack knowledge regarding nutritional problems which can cause stunting in children (Jemani & Zamroni, 2020).

The incidence of stunting in toddlers is a major nutritional problem facing Indonesia. Based on Nutritional Status Surveillance (PSG) data for the last three years, short stature is the most common problem compared to other nutritional problems such as malnutrition, wasting

and obesity (Hermawan & Hermanto, 2020). This decline is a global and national health problem. Stunting is a child with chronic nutritional problems whose nutritional status is based on height or weight according to age (Febrinasari et al., 2023). According to the anthropometric standards of the Indonesian Ministry of Health, stunted children are children under 5 years of age with a PB/U z-score index below -2SD and very short with a PB/U z-score index below -3SD (Nugroho et al., 2021).

The problem of stunting is a new problem that has a negative impact on nutritional problems in Indonesia because it affects the physical and functional characteristics of children and their bodies and increases child morbidity and mortality rates (Ningrum et al., 2020). In fact, this growth rate has become a concern for WHO and must be addressed immediately. In 2017, the World Health Organization (WHO) ranked Indonesia as the third country with the highest stunting rate in Asia at 36.4 percent. And in 2018 it decreased. The 2018 basic health survey (Riskesdas) showed a stunting prevalence of 30.8%. Compared to the SSGBI results, last year's braking decreased by 3.1%. The Minister of Health hopes that the decline rate will continue to decline by 3 percent every year, so that the target of 19 percent set for 2024 can be achieved. SSGBI 2019 data shows a decrease in underweight, wasting and stunting rates compared to Riskesdas 2018. Underweight decreased by 1.5% to 16.29%, weight loss by 2.8% to 7.44%, and stunting decreased by 3.1% to 27.67% (Nugroho et al., 2021).

Therefore, nutrition aimed at meeting the health and nutritional needs of early childhood must be carried out in a targeted and conscious manner, namely paying attention to quality and quantity according to the child's needs. It is important for parents and educators to implement conscious consumption in everyday life, especially in managing food for young children (Munawaroh et al., 2022). Conscious consumption is a mental concept that underlies human behavior when consuming or buying food. By applying this concept, they can ensure that their children consume nutritious and balanced foods and wisely limit packaged foods to a minimum, which have many negative impacts on the health of young children (Sianturi et al., 2022).

The success of fulfilling nutrition in early childhood cannot be separated from parents and the support of educational institutions that have easy access to provide understanding to children and PAUD/TK educational institutions are responsible for involving parents in every report on children's growth and development at school. Realizing the important role of families, managers/educators in PAUD institutions, efforts need to be made to fulfill children's nutrition and monitor children's growth and development in order to prevent stunting.

Based on the description above, the researcher is interested in conducting a study entitled "Fulfillment of Nutrition and Monitoring of Child Growth and Development in Efforts to Prevent Stunting in Early Childhood at Darussalam Kindergarten Yogyakarta." This study was conducted with the belief that through the fulfillment of proper nutrition and continuous monitoring of growth and development, children can grow and develop optimally and avoid the risk of stunting.

This study is important to conduct in order to be able to intervene early in preventing stunting, the impact of which not only affects the physical growth of children, but also

cognitive development and the quality of human resources in the future. In this context, early childhood education institutions have a strategic role as an early environment that can integrate nutrition and health programs with education. Through this study, it is hoped that it can provide an overview of good practices that can be replicated by other educational institutions, as well as become a basis for consideration for policy makers in designing stunting prevention programs based on educational institutions.

Literature Review

A review of previous research used as a reference in writing this journal is (Mayar & Astuti, 2021), (Munawaroh et al., 2022), and (Isni & Dinni, 2020) from these three journals, the research results show that nutritional fulfillment and growth monitoring child development in an effort to prevent stunting in early childhood, cannot be separated from parents and the support of educational institutions that have easy access to provide understanding to children and PAUD/TK educational institutions are responsible for involving parents in Every report on a child's growth and development at school, the health and nutritional needs of early childhood must be carried out in a focused and conscious manner, namely paying attention to quality and quantity according to the child's needs. It is important for parents and educators to implement conscious consumption in everyday life, especially in managing food for children. in line with what was expressed by Hermawan and Hermanto who also stated that the involvement of families and parents in care, education and health, especially children's nutritional problems, is very important, for this reason families, especially parents, must have skills in caring for, education and health of children (Hermawan & Hermanto, 2020).

Nutrition in every aspect also plays an important role in the growth and development process (Mayar & Astuti, 2021). Nutrient-rich foods have a big impact on maintaining children's physical and mental health. Fulfilling nutritional needs is the first effort to avoid stunting. Children's health must also be maintained by implementing clean and healthy living habits so as to reduce the frequency of infections during childhood, because repeated infectious diseases can trigger stunting. Stunting is a growth and development disorder in early childhood, so it is very important that all components involved in children's growth and development, namely parents, teachers and the community, can work together in carrying out early monitoring.

Children's nutritional needs get maximum results by implementing a balanced nutritional pattern by the school principal and parents. Regular monitoring of children's growth and development also needs to be carried out so that it can be immediately detected if there is a delay in growth to intervene in implementing clean and healthy living behavior so that children avoid infectious diseases, as well as carrying out physical activities to improve children's physical motor skills and monitoring growth and development regularly so that they can It is immediately detected if deviations occur in a child's growth and development so that children can avoid stunting.

Methods

This research uses a descriptive qualitative type of approach, the data obtained in the field is not in the form of symbols and numbers but in the form of facts or phenomena that occur (Sugiyono, 2016). In this way, the data and information that researchers obtain will be scrutinized, regularly and systematically in accordance with qualitative research in order to find valid data related to nutrition and monitoring children's growth and development. The presence of researchers in qualitative research, researchers act as key instruments as well as data collectors so their presence is absolutely necessary in the field. The data collection method used was three ways, namely, interviews, observation and documentation. The interview used is a semi-structured interview, which is a type of interview that can be developed while in the field. Data was collected from informants to obtain clear and open data regarding the scope of the research.

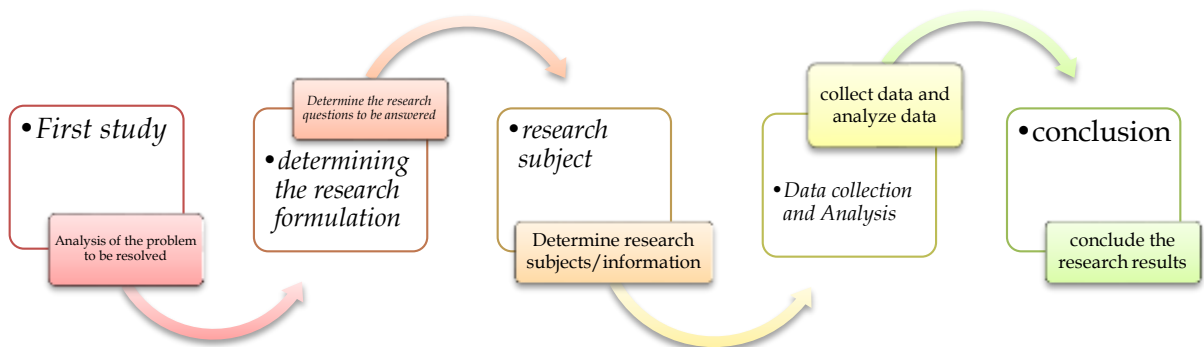


Figure 1. Research Flow

This research was carried out at Kindergarten Darussalam Yogyakarta located at JL. Tempelsari, Maguwoharjo District. Depok, Sleman Regency, Yogyakarta Special Region. The data source in this research is the subject of research data obtained as a primary source, namely teachers in fulfilling nutrition and monitoring children's growth and development in an effort to prevent stunting. Supporting data sources in this research were obtained from teachers, school principals and children. Supporting sources in fulfilling nutrition and monitoring children's growth and development can be seen from the nutrition programs carried out, namely daily, monthly and annual nutrition programs.

Data analysis techniques used in this research include data reduction, data obtained from interviews and observations while in the field, as well as data related to the research to be conducted, then recorded in detail and summarized as well as selecting data that is in accordance with the research focus. , then a data display is carried out, in order to present the data obtained through observations and interviews related to fulfilling nutrition and monitoring children's growth and development in an effort to prevent stunting in the form of written descriptions. The next step is decision making and verification. Drawing conclusions in this research will be done by comparing results data findings, namely data from observations and interviews and researchers can draw conclusions from data that has been reduced and presented previously.

Result

Entering 6 months of pregnancy until the child is 2 years old, the child's growth will be very fast so a lot of nutrition is needed to balance it. The important nutrients that children need in this age range are protein, carbohydrates, vitamins, calcium and iron. Monitoring children's growth also needs to be done. This monitoring can be done by weighing them every month and monitoring the child's growth and development from head circumference, body weight, immunizations and vitamins to allergy history.

Table 1. Indicators for fulfilling nutrition and monitoring the growth and development of early childhood

Indicator	Criteria	Yes	No
Providing nutritious food and additional food at Kindergarten Darussalam Yogyakarta	Food does not contain preservatives, artificial flavors, MSG and substances that are harmful to health	✓	
	The ingredients and manufacturing and serving processes are ensured to meet the criteria for ingredient cleanliness and the manufacturing and presentation processes are ensured to meet the cleanliness criteria	✓	
	Fulfill the elements of balanced nutrition	✓	
	1. staple food		
	2. fruit and vegetables		
	3. proteins		
	4. salt, sugar, and mother		
	5. plain water		
	All food ingredients are healthy	✓	
	The cooking and serving time lag is not long so the food is guaranteed not to spoil	✓	
	The amount of food is ensured to be sufficient for all children	✓	
	Local food is prioritized by utilizing food or food ingredients that are available and easily obtained in the local area and fulfill the elements of balanced nutrition	✓	
Detection of child growth and development	1. measuring the child's weight 2. measurement of the child's height 3. Measurement of the child's head circumference.		

Based on the results of field observations, researchers found that schools have built healthy eating habits through three main programs: daily nutrition, monthly nutrition, and

annual nutrition. Teachers and educators actively direct students to bring nutritious food and avoid fast food or processed products containing MSG, artificial sweeteners, and preservatives. In interviews with class teachers and principals, it was conveyed that the daily nutrition program not only functions as an effort to fulfill nutrition, but also as part of character education such as sharing, discipline, and independence.

The monthly nutrition program is a means to introduce children to local foods that are healthy and easily accessible in the surrounding environment. Based on documentation of class activities and interview results, the food brought is selected through an agreement between teachers and parents, and is adjusted to local potential. This strengthens food independence and nutrition education based on local culture. For example, children are introduced to traditional foods such as getuk, klepon, or tempe mendoan, which are rich in fiber and vegetable protein.

Meanwhile, the annual nutrition program provides additional nutritional stimulus in the form of healthy food packages. Researchers obtained documents of the annual BOP program plan and physical evidence of the implementation of these activities. Although the frequency is only once a year, this program is a moment of evaluation and a reminder of the importance of balanced nutrition in everyday life.



Fig. 1. Fulfillment of Nutrition with Children's Activities Eating Together

In terms of growth and development monitoring, the Early Detection of Growth and Development (DDTK) activity is carried out once a year involving schools, parents, and health workers from the local Health Center. Based on the results of interviews with health workers and teachers, the indicators examined include weight, height, head circumference, as well as immunization records and history of children's allergies. The results are presented in the form of a report when distributing report cards, so that parents can understand and follow up on the condition of their respective children. Although it is only carried out once a year, this activity

is considered very important because it is the basis for early detection of the risk of stunting or other developmental disorders.

The effectiveness of this program is quite high because it meets several principles of stunting intervention according to the Indonesian Ministry of Health, namely: specific nutritional interventions, sensitive nutritional interventions, and cross-sector involvement. Daily and monthly programs include direct nutritional interventions, while collaboration with the Health Center reflects a cross-sector approach. In addition, active parental involvement is an important factor because it strengthens the consistency of nutritional fulfillment both at school and at home.

Theoretically, the age of 0-2 years is known as the "First 1000 Days of Life", which according to WHO and UNICEF is a golden period that determines a person's quality of life. Nutritional disorders during this period can result in stunting, a condition of growth failure characterized by height that is less than the standard for their age. Children who experience stunting are also at risk of having low intelligence, being susceptible to disease, and low productivity as adults. Therefore, the intervention carried out by TK Darussalam Plus Yogyakarta is very relevant and strategic.

The urgency of this study lies in the fact that stunting is still a public health problem in Indonesia, with a fairly high national prevalence, especially in areas with limited access to information and nutrition. This study is useful as an example of good practice that can be replicated by other early childhood education institutions. With concrete evidence from schools that have successfully integrated nutrition education, growth monitoring, and cross-sectoral collaboration, this model can be a reference in developing sustainable stunting prevention policies.

Discussion

The results of the study conducted at Darussalam Plus Kindergarten Yogyakarta showed that the school actively implemented a nutrition program and monitored children's growth and development in order to prevent stunting. Data were obtained through observations of activities at school, interviews with the principal, teachers, and parents, and documentation of the school program.

The school implemented three main nutrition provision programs, namely: Daily Nutrition Program - Students bring supplies from home and eat together in class. Teachers direct that the food brought meets nutritional standards and does not contain hazardous materials such as MSG, preservatives, or artificial colors. Monthly Nutrition Program - Students in one class bring the same local food or market snacks to eat together. This aims to introduce healthy local food and get children used to liking natural foods. Annual Nutrition Program - Once a year, the school distributes healthy food packages to all students, such as fruit, milk, and bread, in the form of practical parcels.

In addition, monitoring of children's growth and development is carried out through the Early Detection of Growth and Development (DDTK) program once a year involving the Health Center, teachers, and parents. The examination includes weight, height, head

circumference, immunization status, and allergy history. The results are conveyed to parents when receiving report cards. All of these activities are supported by the active involvement of parents in monitoring their children's nutrition and growth, as well as anticipating children who have special needs, such as allergies to certain foods.

These findings are in line with the theory of (Soetjiningsih, 2016) which states that the toddler period is a critical period in the process of child growth and development, and the fulfillment of proper nutrition during this period greatly determines the quality of children's health in the future. The daily and monthly nutrition programs carried out by TK Darussalam are a form of direct nutritional intervention that has been proven effective in preventing malnutrition. Furthermore, the theory of UNICEF (1998) states that preventing stunting requires the integration of three approaches, namely: specific nutritional interventions, sensitive nutritional interventions, and conducive environmental support. TK Darussalam has fulfilled all three, by providing nutritious food (specific interventions), education for parents (sensitive interventions), and cooperation with the Health Center as an environmental partner.

According to the Indonesian Ministry of Health (2009), monitoring of child growth must be carried out periodically by recording the child's weight, height, and head circumference regularly. Monitoring carried out at Darussalam Kindergarten through DDTK, although only carried out once a year, is still an important preventive step in identifying child growth problems early on.

Meanwhile, (Santrock, 2011) explained that children's physical growth is closely related to nutritional intake, healthy eating habits, and involvement in the social environment, including family and school. With the presence of shared meals and the involvement of teachers and parents, children's eating patterns at Darussalam Kindergarten are formed through a socio-educational approach that is highly recommended in early childhood development theory.

Finally, based on Bronfenbrenner's Theory of Developmental Ecology, child growth and development are influenced by various interacting systems, including microsystems (family, school) and mesosystems (interactions between environments such as schools and health services) (Bronfenbrenner, 1986). The collaborative approach between schools, parents, and the Health Center in this study reflects the real implementation of this theory in the context of stunting prevention.

Nutrition is an important factor in supporting the growth and development of early childhood. Good health will help a child's growth and development in their first year. However, poor health and lack of stimulation and nutritional monitoring are factors that cause children's growth and development to be hampered. Providing healthy nutrition starts from the time the child is in the womb until the age of 3 years (Mayar & Astuti, 2021).

Munawaroh, et al, also expressed the same thing in their research that fulfilling nutrition in early childhood cannot be separated from the involvement of parents and the support of educational institutions that have easy access to provide understanding to children and PAUD/TK educational institutions are responsible for involving parents. in every report on children's growth and development at school (Munawaroh et al., 2022). Hermawan and

Hermanto also revealed that the involvement of families and parents in parenting, education and health, especially children's nutritional issues, is very important, for this reason families, especially parents, must have skills in parenting, education and children's health (Hermawan & Hermanto, 2020).

Fulfillment of nutrition for children is carried out in a daily nutrition program which is carried out by children eating together with provisions that have been brought and containing balanced nutrition or there are nutritious foods that have been prepared by the school in the daily nutrition program to fulfill nutrition for children (Tirtaningtyas, 2012). Balanced nutrition program activities are carried out by providing additional food by teachers and are carried out every month in an effort to provide balanced nutrition for children so as to prevent malnutrition affecting children (Maryumi et al., 2022). Mayar also expressed the same thing, namely that in order to fulfill balanced nutrition for children at school, nutrition is provided twice a month to create a sense of awareness of the importance of consuming balanced nutrition for children. Efforts are made by school institutions by scheduling children's supplies by selecting several menus such as vegetables, fruit, fish, chicken, tempeh, tofu, etc (Mayar & Astuti, 2021).

Fulfillment of nutrition for children is determined by the adults around the child, such as parents, with nutritious food choices for the child, as well as a balanced menu that suits the child's needs. Fulfillment of important nutrition is carried out in an effort to prevent stunting or malnutrition that occurs in children which can hinder their growth and development so that children need to obtain nutrition from daily food in the right quantities and of good quality and help children in all their activities (Sianturi et al., 2022).

Conclusion

Nutrition is an important factor in supporting the growth and development of early childhood. Good health will help optimize children's growth and development. based on the results of research conducted at the Darussalam Yogyakarta Kindergarten related to fulfilling nutrition and monitoring children's growth and development in an effort to prevent stunting in early childhood, namely fulfilling children's nutrition and nutrition is also carried out by the school by involving parents or guardians of students. This involves parents to participate in monitoring children's nutritional needs. Apart from that, Darussalam Yogyakarta Kindergarten also carried out three activity programs to meet children's nutrition and nutrition intake. The three programs are daily nutrition, monthly nutrition and annual nutrition. Early Detection of Growth and Development (DDTK) monitoring is carried out once a year involving the school and parents, monitoring of children's growth also involves the Community Health Center. Providing worm medicine, vitamins, immunizations, as well as weighing and measuring height. Based on the research findings, the researcher has several suggestions. First, increasing the Frequency of Child Growth and Development Monitoring. Second, Strengthening Nutrition Education for Parents. Third, more Intensive Collaboration with Health Centers. Fourth, development of Sustainable Nutrition Programs. Fifth, increasing Parental Involvement in School Activities.

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