

## ABSTRACT

*The media counseling application for pregnant and lactating mothers is specifically designed to accommodate counseling materials regarding the first thousand days of life, starting from balanced nutritional intake to activities that should be avoided. This application is made because there is a lot of cases of disorders in the growth and development of children who are still in the first thousand days of life caused by the lack of awareness of mothers about their children's health, both while still in the womb and when the child is born, due to the lack of information about this, even though various counseling sessions have been carried out on this theme. From this problem, a web-based counseling media application was created, which in its application development uses a sequential waterfall method. This application can help instructors carry out counseling and help participants to understand the counseling material and can deepen their mastery of the counseling material.*

**Keyword:** *visual media, web application, health counseling, waterfall*