

## Digital Journalist Internship at HaiBunda.com

Saya mengikuti program magang di HaiBunda.com sejak 1 September 2022 hingga 1 Desember 2022. Tugas saya selama magang adalah sesekali wawancara narasumber yang berwibawa untuk menjadi bahan penulisan artikel. Menulis 4 artikel per hari sesuai rubrik yang ada seperti tentang kehamilan, menyusui, parenting, dan lain-lain. Berikut beberapa contohnya :

1. <https://www.haibunda.com/kehamilan/20220901130344-49-283240/5-benda-di-dalam-rumah-ini-bisa-bahayakan-kehamilan-hindari-ya-bun>
2. <https://www.haibunda.com/kehamilan/20220901152321-49-283335/bumil-gen-z-disebut-lebih-rentan-berisiko-terkena-hipertensi-apa-penyebabnya>
3. <https://www.haibunda.com/menyusui/20220901171406-54-283498/drama-menyusui-5-bunda-seleb-luar-negeri-mulai-dari-kim-kardashian-hingga-mila-kunis>
4. <https://www.haibunda.com/kehamilan/20220902184125-49-284469/meski-dianggap-efektif-tunda-kehamilan-ketahui-kelemahan-setiap-alat-kontrasepsi>
5. <https://www.haibunda.com/kehamilan/20220902205335-49-284717/tes-genetik-saat-promil-mampu-deteksi-risiko-penyakit-anak-kelak>
6. <https://www.haibunda.com/kehamilan/20220902223419-49-284734/wanita-usia-20-tahunan-juga-bisa-alami-infertilitas-lho-simak-yuk-pencegahannya>
7. <https://www.haibunda.com/menyusui/20220905134022-54-283737/kondisi-busui-yang-tak-boleh-gunakan-kubis-untuk-payudara-bengkak>
8. <https://www.haibunda.com/kehamilan/20220905170021-49-284831/salah-satu-tanda-tubuh-bunda-masuki-masa-subur-muncul-rasa-mual>
9. <https://www.haibunda.com/menyusui/20220905220527-54-283816/yuk-ayah-bantu-bunda-menyusui-newborn-pada-malam-hari-dengan-4-cara-ini>
10. <https://www.haibunda.com/kehamilan/20220906111941-49-284775/10-ide-seru-umumkan-kehamilan-bunda-bikin-ayah-terkejut-dan-terharu>
11. <https://www.haibunda.com/kehamilan/20220906134853-49-283671/5-perubahan-kulit-yang-mungkin-muncul-saat-hamil-tak-perlu-panik-ya-bun>
12. <https://www.haibunda.com/kehamilan/20220906153300-49-284822/cerita-mikaila-paritz- pernah-tak-sadar-sedang-hamil-anak-pertama-kok-bisa>
13. <https://www.haibunda.com/kehamilan/20220907123931-49-283712/sering-ditanya-kapan-program-hamil-anak-kedua-ini-jawaban-aurel-dan-atta>
14. <https://www.haibunda.com/menyusui/20220907154646-54-283818/cerita-ria-ricis-alami-mastitis-semat-absen-pumping-dan-mengira-bengkak-biasa>
15. <https://www.haibunda.com/kehamilan/20220907181531-49-284840/7-tanda-bunda-sudah-siap-hamil-dan-membesarkan-anak-secara-fisik-dan-mental>
16. <https://www.haibunda.com/kehamilan/20220907211100-49-284466/5-hal-ini-berpotensi-membahayakan-kesuburan-wanita-jauhi-segera-ya-bun>
17. <https://www.haibunda.com/menyusui/20220907232542-54-287204/daftar-klinik-laktasi-di-jakarta-barat-catat-ya-bun>
18. <https://www.haibunda.com/kehamilan/20220908132132-49-283890/targetkan-miliki-5-anak-dari-adam-levine-behati-prinsloo-kini-jalani-kehamilan-ketiga>
19. <https://www.haibunda.com/kehamilan/20220908180729-49-284461/kiat-mengatasi-beragam-perubahan-di-trimester-4-tetap-percaya-diri-ya-bun>
20. <https://www.haibunda.com/kehamilan/20220909153235-49-284849/5-penyebab-depresi-pasca-melahirkan-yang-paling-banyak-dialami-ibu-baru>

21. <https://www.haibunda.com/menyusui/20220909190957-54-284181/manfaat-memberikan-es-krim-asi-untuk-bayi-intip-juga-cara-mudah-membuatnya>
22. <https://www.haibunda.com/menyusui/20220909205553-54-284053/5-penyebab-puting-payudara-terasa-nyeri-saat-pertama-kali-menyusui>
23. <https://www.haibunda.com/menyusui/20220909235605-54-284984/penyebab-munculnya-kram-perut-saat-menyusui-dan-cara-meredakannya>
24. <https://www.haibunda.com/menyusui/20220910125640-54-284182/bayi-sering-tersedak-saat-menyusu-coba-perah-sedikit-asi-terlebih-dulu-bun>
25. <https://www.haibunda.com/menyusui/20220912145549-54-284087/pertama-kali-menyusui-indah-permatasari-pegal-karena-bayinya-tak-berhenti-menyusu>
26. <https://www.haibunda.com/menyusui/20201123171923-54-176117/cara-menghadapi-asi-shaming-agar-ibu-menyusui-enggak-baby-blues>
27. <https://www.haibunda.com/kehamilan/20220912215117-49-289662/pilih-kabarkan-kehamilan-saat-positif-atau-usai-trimester-1-ketahui-waktu-terbaik>
28. <https://www.haibunda.com/kehamilan/20220912230219-49-284859/gairah-seks-menurun-saat-hamil-normal-enggak-sih>
29. <https://www.haibunda.com/kehamilan/20220913163153-49-284894/7-jenis-ngidam-ibu-hamil-dan-artinya-termasuk-ingin-makan-cokelat-dan-es-krim>
30. <https://www.haibunda.com/kehamilan/20220913191136-49-289684/keuntungan-bunda-hamil-di-usia-20-tahunan-ada-juga-risikonya-lho>
31. <https://www.haibunda.com/kehamilan/20220914132822-49-288132/bila-proses-ivf-gagal-cari-tahu-penyebabnya-dan-mulai-perbaiki-ya-bunda>
32. <https://www.haibunda.com/kehamilan/20220914163651-49-284644/tes-kehamilan-di-malam-hari-hasilnya-akurat-enggak-ya>
33. <https://www.haibunda.com/kehamilan/20220914181719-49-284463/ssst-kamar-yang-berisik-ternyata-bisa-turunkan-kesuburan-pria-lho>
34. <https://www.haibunda.com/kehamilan/20220914202324-49-284633/6-makanan-terbaik-setelah-melahirkan-bikin-tubuh-bunda-pulih-lebih-cepat>
35. <https://www.haibunda.com/menyusui/20220915110805-54-284347/penyebab-utama-sakit-punggung-saat-menyusui-ketahui-posisi-untuk-mencegahnya>
36. <https://www.haibunda.com/menyusui/20220915115800-54-284348/meski-lebih-mudah-menyusui-bayi-yang-dibedong-ternyata-berbahaya-lho>
37. <https://www.haibunda.com/kehamilan/20220915144027-49-284583/sakit-punggung-setelah-melahirkan-mungkin-karena-bunda-kurang-tidur>
38. <https://www.haibunda.com/menyusui/20220915160528-54-284985/benarkah-memakai-bra-berkawat-bisa-sebabkan-kanker-payudara>
39. <https://www.haibunda.com/menyusui/20220916174141-54-285010/5-cara-agar-bayi-tetap-bangun-saat-menyusu-bisa-dengan-melepas-bajunya>
40. <https://www.haibunda.com/menyusui/20220916174141-54-285010/5-cara-agar-bayi-tetap-bangun-saat-menyusu-bisa-dengan-melepas-bajunya>
41. <https://www.haibunda.com/kehamilan/20220916211759-50-284896/7-potret-kehamilan-alika-islamadina-di-trimester-3-makin-stylish-dengan-baby-bump>
42. <https://www.haibunda.com/kehamilan/20220916222513-50-284903/7-potret-kehamilan-tasya-farasya-makin-cantik-dan-terlihat-segar-di-trimester-akhir>
43. <https://www.haibunda.com/kehamilan/20220919163016-49-285386/5-cara-menjaga-agar-luka-caesar-tetap-kering-bunda-perlu-tahu>
44. <https://www.haibunda.com/kehamilan/20220919182603-49-288195/usia-pertama-kali-hamil-akan-tentukan-kesehatan-bunda-di-masa-depan-lho>

45. <https://www.haibunda.com/kehamilan/20220919210729-49-288174/durasi-tidur-ayah-ternyata-pengaruhi-kesempatan-hamil-coba-terlelap-8-jam-setiap-hari>
46. <https://www.haibunda.com/kehamilan/20220920110531-50-285364/potret-youtuber-ken-grat-sambut-kelahiran-anak-pertama>
47. <https://www.haibunda.com/kehamilan/20220920140421-49-284801/mengapa-tak-pernah-ada-foto-kehamilan-ratu-elizabeth-ii-ternyata-ini-alasannya>
48. <https://www.haibunda.com/kehamilan/20220920154205-49-285052/tips-aman-berendam-air-hangat-saat-hamil-ala-jennifer-bachdim-perhatikan-suhnya>
49. <https://www.haibunda.com/menyusui/20220921110132-54-284814/berkat-ratu-elizabeth-ii-putri-diana-dan-kate-middleton-bisa-bebas-menyusui-anaknya>
50. <https://www.haibunda.com/menyusui/20220921145543-54-286946/beragam-tantangan-menyusui-anak-12-24-bulan-sedang-aktif-aktifnya-bun>
51. <https://www.haibunda.com/kehamilan/20220921181638-49-285467/cerita-keguguran-5-bunda-figur-publik-dunia-ada-priscilla-chan-hingga-kajol>
52. <https://www.haibunda.com/menyusui/20220921222540-54-287205/menyusui-mampu-bakar-500-kalori-per-hari-bunda-bisa-cepat-langsing-nih>
53. <https://www.haibunda.com/kehamilan/20220922105158-49-284948/kisah-menarik-persalinan-empat-anak-ratu-elizabeth-mulai-charles-hingga-edward>
54. <https://www.haibunda.com/kehamilan/20220922115408-49-286300/tahap-awal-program-hamil-tanyakan-7-hal-ini-pada-dokter-agar-bunda-lebih-mantap>
55. <https://www.haibunda.com/kehamilan/20220922141659-50-285283/7-potret-kehamilan-sheza-idris-akui-bayinya-aktif-banget-bun>
56. <https://www.haibunda.com/kehamilan/20220922153220-49-285096/orgasme-mampu-bantu-perbesar-peluang-hamil-simak-faktanya-bun>
57. <https://www.haibunda.com/kehamilan/20220923151143-50-285269/7-potret-tiffany-soetanto-istri-chef-arnold-sempat-sembojikan-kehamilan-hingga-7-bulan>
58. <https://www.haibunda.com/kehamilan/20220923180237-49-288282/3-bulan-adalah-waktu-terbaik-mencoba-hamil-setelah-keguguran-ini-penjelasan>
59. <https://www.haibunda.com/menyusui/20220925203032-54-287206/5-tips-singkirkan-rasa-cemas-meninggalkan-si-kecil-saat-busui-kembali-ke-kantor>
60. <https://www.haibunda.com/menyusui/20220926112727-54-286513/serba-serbi-menyusui-bayi-baru-lahir-di-golden-hour-persiapkan-diri-yuk-bun>
61. <https://www.haibunda.com/kehamilan/20220926170728-49-285344/terbukti-janin-akan-bahagia-bila-bundanya-makan-wortel-dan-cemberut-saat-diberi-kale>
62. <https://www.haibunda.com/menyusui/20220926190131-55-285827/7-potret-lucu-balint-dan-numa-yang-berebut-mona-ratuliu-saat-mau-menyusu>
63. <https://www.haibunda.com/kehamilan/20220927011434-49-288310/3-cara-menjaga-berat-badan-saat-hamil-agar-tetap-ideal-setelah-melahirkan>
64. <https://www.haibunda.com/kehamilan/20220927110534-49-285363/kisah-menarik-saat-putri-diana-melahirkan-pangeran-william-dan-harry>
65. <https://www.haibunda.com/kehamilan/20220927140754-49-288270/7-gerakan-olahraga-mengecilkan-perut-setelah-melahirkan-mudah-dan-efektif-bun>
66. <https://www.haibunda.com/kehamilan/20220927155435-49-289961/7-aktris-cantik-hollywood-yang-nekat-main-film-action-saat-hamil>
67. <https://www.haibunda.com/menyusui/20220928143227-54-285577/indah-permatasari-langsing-usai-19-hari-melahirkan-berkat-bergadang-menyusui>
68. <https://www.haibunda.com/kehamilan/20220928205453-49-288280/6-gejala-infeksi-pada-jahitan-setelah-melahirkan-normal-termasuk-muncul-demam>

69. <https://www.haibunda.com/kehamilan/20220929005838-49-288329/5-penyebab-bunda-terlambat-melahirkan-termasuk-karena-bayi-laki-laki>
70. <https://www.haibunda.com/kehamilan/20220929125611-49-288818/cemas-saat-hamil-berisiko-melahirkan-prematur-cegah-yuk-bun>
71. <https://www.haibunda.com/kehamilan/20220929175021-49-288939/olahraga-saat-hamil-terbukti-sehatkan-janin-dan-turunkan-risiko-komplikasi>
72. <https://www.haibunda.com/kehamilan/20220929225314-49-286438/kisah-unik-bunda-yang-mendadak-melahirkan-hanya-24-jam-setelah-tahu-hamil>
73. <https://www.haibunda.com/kehamilan/20220930003340-49-286104/kate-middleton-akui-melahirkan-lebih-mudah-daripada-hamil-berkat-hypnobirthing>
74. <https://www.haibunda.com/kehamilan/20220930110417-49-286431/ketahui-yuk-kepan-bulan-terbaik-untuk-hamil-menurut-zodiak-bunda>
75. <https://www.haibunda.com/kehamilan/20220930125559-49-288614/gen-penentu-jenis-kelamin-bayi-ternyata-berasal-dari-ayah>
76. <https://www.haibunda.com/menyusui/20220930220834-54-286520/ajaib-ternyata-kandungan-asi-berubah-saat-bayi-sakit-otomatis-bun>
77. <https://www.haibunda.com/kehamilan/20220930232252-49-285841/lucunya-reaksi-kaget-chef-arnold-saat-tahu-istri-tengah-hamil-anak-kedua>
78. <https://www.haibunda.com/kehamilan/20221001005049-50-285842/7-potret-kehamilan-kedua-dinda-hauw-shaka-bakal-punya-adik-perempuan-nih>
79. <https://www.haibunda.com/kehamilan/20221003123130-50-285929/5-tahun-menanti-intip-7-potret-fendy-chow-dan-stella-cornelia-sambut-anak-pertama>
80. <https://www.haibunda.com/kehamilan/20221003181534-49-285937/cerita-jennifer-bachdim-tentang-kehamilan-keempatnya-lebih-capek-tapi-happy>
81. <https://www.haibunda.com/kehamilan/20221004125226-49-286267/5-hal-aneh-yang-mungkin-terjadi-saat-bunda-melahirkan-bab-hingga-muntah>
82. <https://www.haibunda.com/kehamilan/20221004220903-49-286186/7-perubahan-permanen-pada-tubuh-setelah-melahirkan-termasuk-ukuran-kaki-membesar>
83. <https://www.haibunda.com/kehamilan/20221005011228-49-286739/bahaya-mendengkur-saat-hamil-dan-cara-atasi-agar-tak-ganggu-perkembangan-janin>
84. <https://www.haibunda.com/kehamilan/20221005105652-49-289963/7-tips-atasi-perasaan-tertekan-saat-jalani-program-hamil-coba-kurangi-lihat-medsos>
85. <https://www.haibunda.com/menyusui/20221005131748-54-286059/kisah-5-bunda-seleb-yang-alami-baby-blues-ada-yang-sampai-teriak-teriak-di-rs>
86. <https://www.haibunda.com/kehamilan/20221005150327-50-286097/5-potret-bahagiannya-gracia-indri-yang-sedang-hamil-saat-dikunjungi-feni-rose-di-belanda>
87. <https://www.haibunda.com/kehamilan/20221005224723-49-286298/perbedaan-ngidam-tasya-farasya-di-kehamilan-pertama-dan-kedua-unik-tak-terduga>
88. <https://www.haibunda.com/menyusui/20221006153744-54-286550/bila-busui-didiagnosis-kanker-payudara-apakah-boleh-lanjut-menyusui>
89. <https://www.haibunda.com/menyusui/20221006200035-54-286555/perbedaan-gejala-mastitis-dan-kanker-payudara-waspada-perubahan-pada-puting>
90. <https://www.haibunda.com/kehamilan/20221006231106-49-286421/5-cara-untuk-hamil-bila-ayah-ternyata-tak-subur-jangan-menyerah-ya-bun>
91. <https://www.haibunda.com/kehamilan/20221007012417-49-286222/perbedaan-depresi-pasca-persalinan-dan-baby-blues-bumil-baca-informasinya>
92. <https://www.haibunda.com/menyusui/20221007102234-54-286558/6-manfaat-mandi-asi-untuk-kulit-bayi-mampu-lindungi-si-kecil-dari-infeksi-bun>

93. <https://www.haibunda.com/kehamilan/20221007120628-49-286459/3-manfaat-kenari-untuk-bunda-pasca-melahirkan-bantu-kembalikan-energi-tubuh>
94. <https://www.haibunda.com/kehamilan/20221007153550-50-289750/sambut-anak-pertama-7-potret-canti-tachril-istri-adipati-dolken-lakukan-prenatal-gymball>
95. <https://www.haibunda.com/kehamilan/20221009144254-49-286452/ingin-tahu-rasanya-jadi-bumil-ridho-da2-rela-lakukan-ini-untuk-hibur-sang-istri>
96. <https://www.haibunda.com/kehamilan/20221010102645-49-286411/12-cara-alami-atasi-nyeri-pasca-persalinan-mudah-dicoba-sendiri-di-rumah>
97. <https://www.haibunda.com/kehamilan/20221010162638-49-286955/cerita-sedih-mumuk-gomez-keguguran-anak-pertama-aku-tak-pernah-seterluka-ini>
98. <https://www.haibunda.com/parenting/20221011165424-63-286746/7-potret-menggemaskan-zaskia-sungkar-kembaran-baju-dengan-sang-anak>
99. <https://www.haibunda.com/kehamilan/20221011211409-49-286604/kisah-nyata-bunda-melahirkan-bayi-kembar-tapi-beda-ayah-kok-bisa>
100. <https://www.haibunda.com/kehamilan/20221012002659-49-288970/ini-alasan-mengapa-belum-ada-pil-kb-yang-aman-untuk-pria>
101. <https://www.haibunda.com/kehamilan/20221012101618-49-289341/5-tips-agar-bunda-merasa-nyaman-bekerja-kembali-setelah-keguguran>
102. <https://www.haibunda.com/kehamilan/20221012111711-49-288613/ini-waktu-yang-dibutuhkan-alat-kb-hingga-efeknya-hilang-dari-tubuh-siap-hamil-lagi-bun>
103. <https://www.haibunda.com/kehamilan/20221012141357-50-286949/5-potret-babymoon-istri-chef-arnold-tiffany-soetanto-di-jepang-terlihat-bahagia-bun>
104. <https://www.haibunda.com/kehamilan/20221012155707-49-287512/perluakah-membersihkan-garis-hitam-di-leher-saat-hamil-seperti-tasya-farasya>
105. <https://www.haibunda.com/kehamilan/20221013135311-49-289627/6-jenis-kontraksi-kehamilan-ada-yang-cuma-peregangan-rahim-hingga-tanda-persalinan>
106. <https://www.haibunda.com/kehamilan/20221013194703-49-289403/setahun-nikah-masih-susah-hamil-ketahui-penyebab-jadwal-berhubungan-yang-tepat>
107. <https://www.haibunda.com/kehamilan/20221013213550-49-286767/4-penyebab-vagina-bengkak-saat-hamil-perluakah-konsultasi-ke-dokter>
108. <https://www.haibunda.com/kehamilan/20221014003101-49-288973/batas-telat-haid-untuk-tahu-bunda-sedang-hamil-atau-tidak>
109. <https://www.haibunda.com/menyusui/20221017155301-54-287062/peneliti-temukan-kandungan-mikroplastik-dalam-asi-kok-bisa>
110. <https://www.haibunda.com/kehamilan/20221017210112-49-288128/berhubungan-seks-secara-rutin-saat-hamil-bisa-mencegah-preeklamsia-benarkah>
111. <https://www.haibunda.com/menyusui/20221017234546-54-287061/4-cara-merawat-puting-payudara-selama-menyusui-agar-tidak-infeksi-dan-lecet>
112. <https://www.haibunda.com/menyusui/20221018102832-54-287060/penyebab-bayi-alergi-asi-mungkin-ada-partikel-yang-terselip-bun>
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