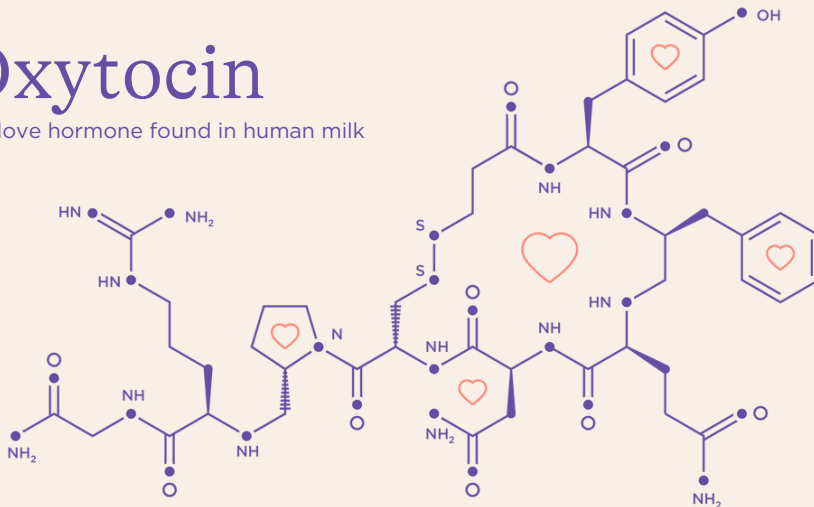


Oxytocin

The love hormone found in human milk



Oxytocin is a hormone secreted by the posterior lobe of the pituitary gland, a 'pea-sized' structure at the base of the brain.

What does oxytocin do?



Uterus

Post birth, the hormone causes the uterus to contract, reducing bleeding & aiding the uterus to return to its pre-pregnancy size.



Bonding

Nurtures feelings of well-being, relaxation & connection in both mother & child.



Pain

Oxytocin is shown to reduce pain, promote healing, & lower stress & blood pressure in mothers and infants.



Milk

Oxytocin from suckling triggers muscle contractions to release milk.



Baby

Oxytocin is released whenever a baby sees, smells or hears their mother, arousing feelings of trust & security.



While oxytocin is important for mother and baby bonding, evidence shows that Oxytocin facilitated by skin-to-skin contact can have an effect on the father or co-parent's hormones too, raising dopamine and oxytocin which encourages parental bonding.