

Let's Talk About...

The Love Hormone: Oxytocin!



- Oxytocin is one of the major hormones released during breastfeeding.
- It is released in pulsatile waves most felt during the “let down reflex” - where some women feel a tingling sensation while their little one is nursing or mom is pumping.
- Oxytocin can help to decrease postpartum bleeding, as it helps to contract the mother’s uterus.
- Moms under stress can have lower oxytocin levels and thus lower milk supply – massaging the breasts can help to increase the hormone, and, in turn, increase supply.
- The calmness moms can feel during nursing is partially governed by oxytocin. In lab studies, oxytocin has been shown to produce sedation, lower blood pressure, and lower stress hormones (such as cortisol).
- Moms who exclusively breastfeed can see higher levels of oxytocin over time – highest at 15-24 weeks if still breastfeeding, compared to the first 12 weeks postpartum!

Please reach out with any questions or for lactation assistance.



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