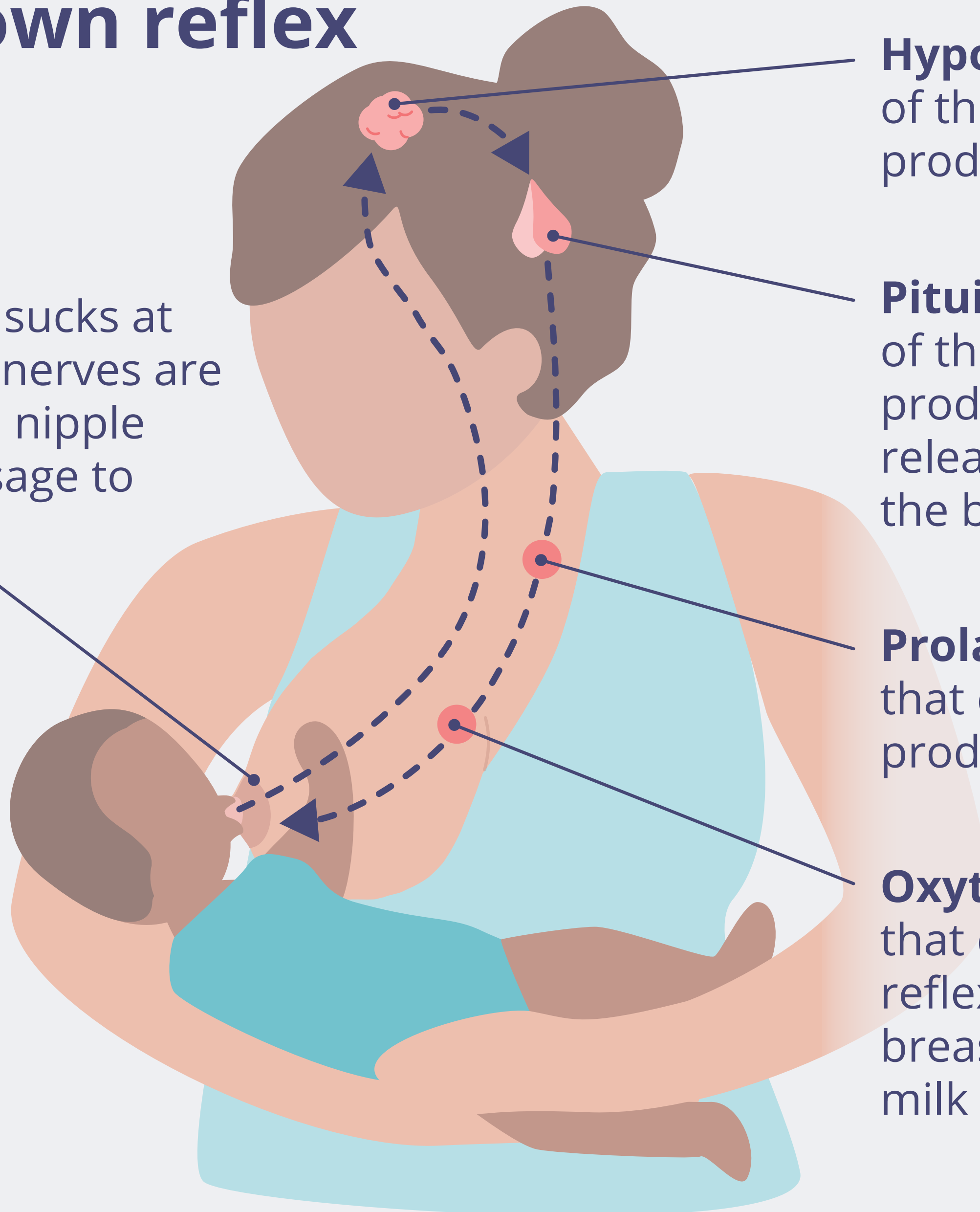


The let-down reflex

When your baby sucks at your breast, tiny nerves are stimulated in the nipple that send a message to your brain.



Hypothalamus: the area of the brain that produces oxytocin

Pituitary gland: the area of the brain that produces prolactin and releases hormones into the bloodstream

Prolactin: a hormone that causes the breast to produce milk

Oxytocin: a hormone that causes the let-down reflex, causing your breast to push out the milk