

# OXYTOCIN

HORMONE OF 'LOVE'



Nurse-Info

# LABOUR & BREASTFEEDING

- Oxytocin, is a hormone essential during labour and breastfeeding
- Responsible for uterine contractions during labour
- Critical for milk ejection

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## OTHER FUNCTIONS

- causes genital contractions during an orgasm.
- Contributes to social bonding between lovers, friends & colleagues
- Oxytocin release in new fathers assists bonding with baby
- Anti stress hormone, reduces blood pressure

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## Causes of decreasing oxytocin

- Caesarean Section
- Delayed skin to skin
- Increased pain & stress in the mother
- Epidural





## Baby making & baby birthing: The connection

- Do bright artificial lights help oxytocin release and help to achieve orgasm?

Do you think bright artificial light help or hinder oxytocin production during labour?

- Baby making requires subtle, seductive lighting why should birthing be different?

# Environment

- Would you prefer baby making occurs in privacy between two people or
- In sterile place amongst lots of strange people and faces?

Why should birthing be different?

## Noise & stimulation

- Do you prefer to be cheered on, yelled at, shouted at to get on with it to reach orgasm or
- Do you prefer to follow your own body, how it feels and in your own time?

Why should birthing be any different?



# Position

- Do you want someone to tell you that you must always assume the missionary position for your baby making OR
- Do you prefer to follow whatever your body wants to do?

Why should birthing be any different?