

# Let-down reflex

The **let-down reflex** or **ejection reflex** occurs during breastfeeding. This is a reflex that causes breast milk to be expelled from the breast.

## The principle of the ejection reflex

The child latches onto the breast. This irritates the neuromuscular endings of the nipple and areola, which reflexively releases prolactin and oxytocin. Due to this, the myoepithelial cells of the excretory system will contract within a few seconds to minutes. This causes milk to be expelled from the deeper parts of the mammary gland.

The let-down reflex is significantly influenced by external influences:

- negatively: stress and feelings of pain,
- positively: physical and mental contact with the child.

## Related articles

- Breastfeeding

## References

- Sedlářová Petra: Základní ošetrovatelská péče v pediatrii. Praha 2008, Grada Publishing, 240 s.