

LACTATION

Meaning: Lactation is the biological process of producing milk in mammals to nourish their young.

1. Lactation is a natural process essential for nurturing newborns.
2. During lactation, a mother's body produces milk to feed her infant.
3. The duration of lactation can vary significantly between different species.
4. Breastfeeding during lactation provides vital nutrients and antibodies to the baby.
5. Understanding the stages of lactation can help new mothers manage their breastfeeding experience.

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