

# A day in the life...

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Ever wonder what a dairy cow does all day? She leads a very comfortable life, spending most of her day resting.

A typical dairy cow on an average dairy farm spends her time doing the following:

1. 12 hours a day lying down and resting
2. 10 hours a day eating, drinking, exercising and interacting with others
3. 2 hours a day in the milking process.



Her day starts early in the morning with the first milking starting between 4 am and 7 am. The second milking of the day occurs 12 hours later. Some dairy farms milk the cows three times daily, meaning they are milked every 8 hours. Of the two hours a day she spends in the milking process the majority of the time is working her way into the milking parlor and only about 10 to 15 minutes being milked.



Since making milk takes a lot of energy fresh feed and clean water are available to the cow all day. It is not unusual to observe her drink and eat immediately after being milked.

After this she is free to exercise, socialize and relax. It is very important for our dairy cow to have at least 12 hours of rest each day. Her body is “exercising” very hard every day to make milk so rest is as important as food and water.



A cow’s bed comes in various forms including straw, rubber mats and sand. All are kept clean and dry to encourage her to rest comfortably, avoid disease and prevent injury.



Another big part of a cow’s life is spent “chewing cud” – up to 8 hours a day! This activity is a sign of comfort, good health and general wellbeing.

Our cow’s health is maintained by her veterinarian who will prescribe vaccinations to prevent illness, administer medications when needed, perform surgery when required and “keep an eye” on her overall life style.

Our dairy cow does work hard but is rewarded with all that is needed “to be the best that she can be.”

If you have any questions or would like more information about Dairy cows please call us at (920) 668-6212 or email us at [info@cgvet.com](mailto:info@cgvet.com).