

Table 1

## Stages of Lactogenesis

Phases of Lactogenesis	Breast Changes That Occur During the Phase
Lactogenesis I	This phase begins around week 16 in pregnancy (Riordan & Wambach, 2010, p. 85) and is the stage in which colostrum begins to be created.
Lactogenesis II	In this phase the secretion of copious milk follows the hormonal shift triggered by birth and the placenta delivery and typically occurs around day 4 postpartum (Neville & Morton, 2001).
Lactogenesis III	This phase is when the milk supply is maintained via autocrine control from around day 10 postpartum until weaning begins (Hartmann et al., 1998; Knight et al., 1998).
Lactogenesis IV	This phase marks breast involution, the process of decreased milk production by apoptosis of the milk-making epithelial cells (Watson, 2006).

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Cole, Melissa. Lactation after Perinatal, Neonatal, or Infant Loss, *Clinical Lactation*, 3-3, 94-100.