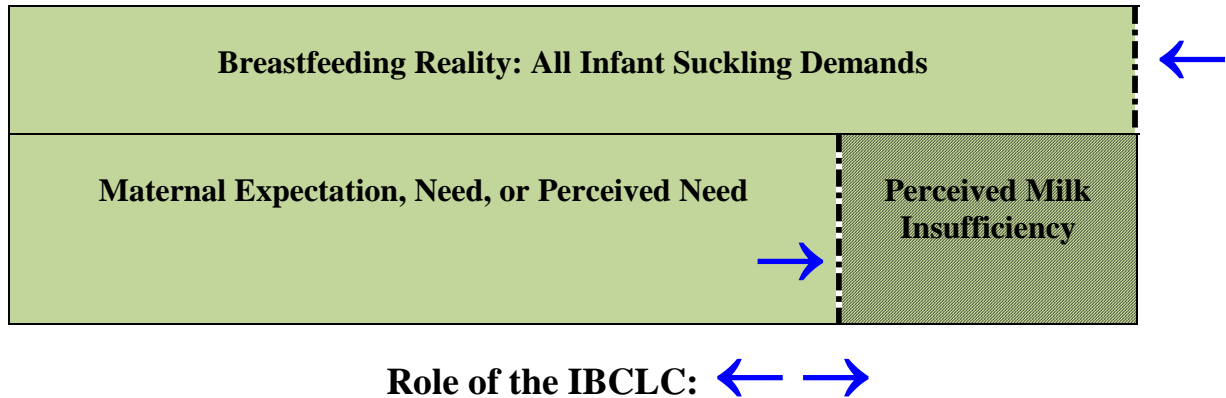


Perceived Milk Insufficiency Model and the Role of the IBCLC¹



$$\textit{Reality} - \textit{Maternal Expectation or Need} = \textit{Perceived Milk Insufficiency}$$

Perceived milk insufficiency is the difference between the amount of infant suckling that the mother expects, wants or needs the exclusive breastfeeding relationship to require of her versus the reality of infant suckling demand that she is encountering. It is indicative that the client feels unable to fit all of her infant's suckling demands within the constraints of her particular set of life circumstances. As such, it manifests itself in different ways across different cultures and settings. The International Board Certified Lactation Consultant's role, once she has ensured that her client is producing sufficient milk, is to reduce the difference by either helping the client to bring her reality more in line with her needs and expectations, bringing her needs and expectations more in line with her reality, or some combination of the two.

¹ International Board Certified Lactation Consultant – a health care professional who specializes in the clinical management of the breastfeeding relationship. IBCLCs are certified by the [International Board of Lactation Consultant Examiners](#), which is itself certified by the [National Commission for Certifying Agencies \(NCCA\)](#)