

# Yankton Mom Leading National Breastfeeding Movement

Like many first-time mothers, Amy Nelson was excited to meet her daughter after nine months of pregnancy but she wasn't especially thinking about specific parenting choices, like how to feed her baby or what type of discipline would eventually work best—perhaps even less so, as she was nearing her college graduation.

"We didn't have many friends with children at that point, so raising children wasn't much of a focus of conversation," she said. "It wasn't until I had my first child, bonded with her, and felt my mothering instincts kick in that I began to develop ideas about raising children."

Nelson and her husband, Cory, were married the summer before her junior year, as she transferred from South Dakota State

University to the University of South Dakota. Cory had just graduated with his master's degree, and the couple chose to settle down in Yankton within driving distance of Cory's job and Nelson's studies at Vermillion, in history with a minor in mass communications.

Nelson always had a passion for journalism, working for the student newspapers at both universities as well as the *Brookings Register* and the *Yankton Daily Press & Dakotan*. And for a time after her oldest daughter, Accalia, was born in 1999—just one month after her graduation from USD—Nelson continued to write for the P&D.

"One of my favorite memories of that time is going on an interview and having Accalia in a backpack carrier while I did the interview," she said.

But then, after a year of freelance, Nelson put away her notepad as she focused fully on her family and a new interest: providing mother-to-mother support in breastfeeding. That is, until 2009, when she took on the magazine of one of the most influential parenting organizations in the world.

## Happy Happenstance

Not having any certain views on parenting allowed Nelson to follow her instincts when it came to caring for her baby, and those instincts led her to breastfeed.

"Breastfeeding is not something I gave much thought to before I was pregnant with my first or even during my pregnancy. I don't remember spending time around breastfeeding women as I was growing up," Nelson said. "During my first pregnancy, I didn't buy

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