

## Emma Hughes - Respectful Holistic Care

[nurturedbyemma.com](http://nurturedbyemma.com)

Brunswick, Maine

Email: [nurturedbyemma@gmail.com](mailto:nurturedbyemma@gmail.com)

### Highlights

---

- 7+ years experience as a Professional Nanny and Household Manager/Family Assistant, over a decade in childcare at large. 3+ years experience as a Newborn Care Specialist and Postpartum Doula.
- Passport ready and willing to travel, experienced at traveling with families and flying with children, extensive international solo travel experience, adept at navigating international and domestic public transportation (metro/bus/train), confident in large cities such as New York, Paris, Stockholm, and London.
- Valid driver's license, clean record, and experienced in driving in all conditions; including ice and snow.
- Punctual, reliable, resourceful, organized, detail oriented, empathetic, holistic, kind, grounded, warm, down to earth, and patient.
- Expertise in gentle and respectful caregiving. Passionate about getting outside, no matter the weather.
- Strong swimmer and water safety conscious.
- Extensive experience with newborns, multiples, short age gaps, large families, and confidently caring for several young children at once.
- Specialized training and certifications in car seat safety, newborn care, postpartum and labor support.

### Experience

---

#### Overnight Care for Newborn

December 2025 to January 2026

*Private Family, Raymond, ME – One child, age 4 days at start*

- Sole charge overnight newborn care, five nights a week for a six week contract. Helped family navigate C-Section recovery, supported family through feeding challenges such as slow weight gain and delayed breastmilk supply, established healthy sleep hygiene, and tended to nursery duties.

#### Overnight Care for Newborn

October 2025 to November 2025

*Hatch Family, Scarborough, ME – One child, age 1 week at start*

- Sole charge overnight newborn care, two nights a week for a six week contract. Prepared breastmilk bottles, helped troubleshoot feeding and sleeping concerns, and tended to nursery duties.

#### Household Management for Family of Four

October 2025 to (ongoing)

*Nausch/McGee Family, Portland, ME – Two children, ages 4 months and 3 years at start*

- Assisted Mom with various household projects; including closet and home reorganizing, sorting clothes for sale and donation, and sorting outgrown children's clothes for storage and donation. Other duties included household laundry (wash, dry, put away), running errands (package returns, dry cleaning pickup, donation drop off, etc.) and more; with occasional childcare duties as well.

#### Overnight Care for Newborn Twins

October 2025

*Private Family, Cumberland, ME – Two children, age 5 days at start*

- Sole charge overnight newborn care, four nights for week one and three nights for weeks two and three. Prepared breastmilk and formula bottles, brought babies to Mom to nurse, helped troubleshoot feeding and sleeping concerns, and tended to nursery duties.

#### Temp Nanny/Proxy Parenting for Twins

September 2025

*Private Family, Cumberland, ME – Two children, age 11 months at start*

- Sole charge care, day and night while parents traveled internationally for one week. Facilitated Baby Led Weaning and tended to all aspects of daily infant care.

**Overnight Ad Hoc Care for Newborn****August 2025 to September 2025***Private Family, Scarborough, ME – One child, age 4 weeks at start*

- Sole charge overnight newborn care, three nights a week for a six week contract. Prepared formula bottles, helped troubleshoot feeding and sleeping concerns, and tended to nursery duties.

**Temp Nanny for Toddler****August 2025***Private Family, Harpswell, ME – One child, age 16 months at start*

- Sole charge overnight newborn care, three nights a week for a six week contract. Prepared formula bottles, helped troubleshoot feeding and sleeping concerns, and tended to nursery duties.

**Overnight Care for Newborn****July 2025 to September 2025***Nausch/McGee Family, Portland, ME – One child, age 1 week at start.*

- Sole charge overnight newborn care, three nights a week for a six week contract. Helped troubleshoot feeding and sleeping concerns, supported Mom's breastfeeding journey, tended to nursery duties (bottle washing/sterilizing/family and baby laundry/keeping nursery tidy and stocked).

**International Travel Nanny for Newborn and Toddler****April 2025 to June 2025***Private Family, Sweden – Two children, ages 2 months and 22 months at start*

- Supported family during an extended stay in Sweden; mix of shared and sole charge care of newborn and toddler. Duties included all aspects of newborn and toddler care. Educated and advised parents on developmental and behavioral toddler challenges, assisted with adapting the children and their sleep routines to the time zone change, coordinated with other caregivers as the "Lead Nanny," and assisted with household duties such as laundry, organizing, babyproofing, errands and grocery shopping, and standard nursery duties.

**Temp/Travel Nanny for Infant and Toddler****March 2025 to April 2025***Kane Family, NJ – Two children, ages 6 months and 2.5 years at start*

- Assisted family with their relocation from Maine to New Jersey. Worked alongside the parents to provide childcare, as well as unpacking and organizing of the new home. Provided sole charge care of both children: helped the parents troubleshoot ongoing behavioral issues, implemented a new daily sleep routine for the youngest, and toilet trained the eldest child.

**Temp Nanny for Five Children****January 2025***Williams Family, Brunswick, ME – Five children, ages 2 years, 4 years, 5 years, 5 years, and 8 years at start*

- Assisted family with their relocation from Maine to New Jersey. Worked alongside the parents to provide childcare, as well as unpacking and organizing of the new home. Provided sole charge care of both children: helped the parents troubleshoot ongoing behavioral issues, implemented a new daily sleep routine for the youngest, and toilet trained the eldest child.

**Overnight Care for Newborn****October 2024 to December 2024***Kane Family, ME – One child, age 4 weeks at start.*

- Sole charge overnight newborn care, three nights a week for a six week contract. Helped troubleshoot feeding and sleeping concerns, tended to nursery duties (bottle washing/sterilizing/family and baby laundry/keeping nursery tidy and stocked).

**Part-Time Nanny for Preschoolers****September 2024 to April 2025***Private Family, ME – Two children, ages 3 years and 4 years at start*

- Responsible for bi-weekly school pickup and after school routines.

**Fly-In/Fly Out Travel Nanny and Family Assistant****March 2024 to June 2024***Private HNW/HP Family, Nashville, TN – One child, age 4 months at start*

- Traveled to Nashville to provide nanny care and execute a variety of family assistant duties. Accompanied family to another residence in South Carolina. Helped troubleshoot feeding and sleeping concerns and tended to nursery duties. Assisted in packing/unpacking, family laundry, errands, furniture assembly, travel preparation, inventorying supplies, and other as-needed family assistant duties.

#### **Overnight Care for Newborn Twins**

**March 2024 to May 2024**

*Lane/Sims Family, Portland, ME – Two children, age 10 week at start*

- Sole charge overnight care on an as-needed basis. Prepared breast milk bottles, helped troubleshoot feeding and sleeping concerns, tended to nursery duties, and administered medications as directed.

#### **Temp & Travel Nanny for Preschooler and Infant**

**November 2023 to April 2024**

*Private Family, ME – Two children, age 10 months and 3 years*

- Supported the family full-time, 50-60 hours per week, for a 6-week contract. Worked closely alongside the mother, and assisted in all child-related and daily household tasks.
- April 2024: flew to Orlando, Florida to assist with an unexpected extension of family vacation. Provided 24/7 sole charge care of both boys (ages 3.5 and 1) at LEGOLAND resort. Accompanied family to a beachside destination resort and coordinated shared charge care with both parents. Cared for children in and near various bodies of water and through theme parks, including LEGOLAND and Disney. Flew home alone with both children from Orlando, FL to Portland, ME.

#### **Ad Hoc Care for Toddler and Infant**

**September 2022 to October 2024**

*Private Family, ME – Two children, age 10 months at start and baby born November 2023*

- Supported the family on a temporary/fill-in and travel basis. Responsible for all daily-living tasks and standard nursery duties. Performed overnight and travel care, with and without family present. Performed 24/7 sole-charge care for several days at a time while family traveled for work and leisure.

#### **Full-Time Nanny/Household Manager**

**June 2021 to October 2023**

*Private Family, ME – Two children, ages 18 months at start and baby born September 2021*

- Mix of sole and shared charge (primarily sole-charge) care. Responsible for all daily living tasks and nursery duties from infancy, toddlerhood, and beyond. Toilet trained both children.
- Family welcomed a new addition in September '21. Worked alongside the mother through maternity leave, assisted in newborn care from two-days-old onward, and assumed sole-charge care at 6-weeks.
- Encouraged proper manners and etiquette, facilitated developmentally appropriate chores and practical life skills. Planned and facilitated play dates and opportunities for social learning with peers. Fostered a safe and warm environment and facilitated child-led discovery and independent play, with an emphasis on outdoor time in all weather. Frequently embarked on adventures to beaches, trails, forests, parks, and playgrounds. Facilitated attendance and involvement in an intensive 4 days per week ISR swim program.
- Curated, assembled, organized, and maintained a playroom. Oversaw the purchasing, management, rotation, and donation of all clothes/toys/books/items pertaining to the children.
- Responsible for various household tasks including, but not limited to: children's laundry, cloth diaper laundering, grocery shopping, errand running, and management of the family calendar.
- Performed overnight and travel care as needed.

#### **Full-Time Nanny/Family Assistant**

**January 2019 to May 2021**

*Private Family, ME and WI – Two children, ages 3 months and 3 years at start*

- Responsible for all daily living tasks and standard nursery duties. Toilet trained both children.
- Followed strict allergy related dietary restrictions and trained in Epi-Pen use.
- Oversaw the organizing, management, rotation, and donation of all items pertaining to the children. Managed daily activities and drove children to and from school, swim lessons, and outings. Performed 24/7 and overnight care as needed, up to a week at a time, so parents could travel for business and leisure. Assisted family in the preparation and execution of a cross-country move: packing/unpacking, organizing, and setting up the new home upon arrival.

- Performed Family Assistant duties: moderate housekeeping, grocery shopping, dry cleaning drop off/pick up and other errands, vendor coordination and scheduling, management of the family calendar.

#### **Full-Time Nanny in a Share**

**January 2019 to March 2020**

*Private Families – Three children, ages 3 months, 7 months, and 3 years at start*

- Confidently cared for three-under-three (sole-charge). Facilitated alternating between the two family homes. Responsible for all daily living tasks and standard nursery duties.

#### **Certifications and Trainings**

---

- |   |                          |
|---|--------------------------|
| • <i>CACHE Certified</i> Newborn Care Specialist                        | November 2025            |
| • <i>Certified</i> Professional Postpartum Doula (3 Year Certification) | November 2025            |
| • American Red Cross: First Aid and CPR (Adult and Infant)              | (renewed) February 2025  |
| • ProDoula: Labor Doula   | January 2025             |
| • Perinatal Professionals Association: Professional Postpartum Doula    | January 2025             |
| • Safe Kids Worldwide: Certified Child Passenger Safety Technician      | (renewed) September 2024 |
| • Newborn Care Solutions: Foundational Newborn Care Specialist          | May 2023                 |

#### **Special Skills and Interests**

---

- Member of the International Nanny Association and United States Nanny Association.
- Featured speaker at 2023 International Nanny Training Day (iNNTD) in Boston, MA.
- Passionate about adventure, travel, and exploration. Passport stamps include 10 countries and counting.
- To date, I have served over 40 local families in providing car seat education and safety empowerment via my role as a CPST.
- Volunteer with Maine Needs.
- Animal lover; fostered over 60+ kittens over the span of 5 years for a local humane society.
- Joyfully mediocre in the art of ceramics and wheel throwing.
- Bibliophile and nurturer of young bookworms in training.
- Green thumb and in possession of a mini jungle of houseplants.
- All-season hiker, summer kayaker, and frequent explorer of the Northeast Atlantic coastline.