



AT A GLANCE:

- Born and raised in the beautiful pine tree state
- Lover of travel, adventure, and the great outdoors
- Passionate about pregnancy, birth, the fourth trimester, and the early years of childhood
- Respectful, gentle, skilled, and holistic care
- Passport ready & experienced in traveling with families

CONTACT ME



nurturedbyemma@gmail.com



nurturedbyemma.com



Brunswick, ME
Available worldwide



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holistic support for birth, baby, and beyond



TRAININGS AND CERTIFICATIONS

PRODOULA

Labor Doula

LAURA NANCE EDUCATION & TRAINING

Professional Postpartum Doula via the
Perinatal Professionals Association.

NEWBORN CARE SOLUTIONS

Foundational Newborn Care Specialist
training

SAFEKIDS WORLDWIDE

Certified Child Passenger Safety Technician



EXPERIENCE

Over 6 years in private in-home childcare,
specializing in infancy and toddlerhood.

Deeply passionate about fertility,
pregnancy, birth, & postpartum.



CAREGIVING PHILOSOPHIES

Respectful, gentle, holistic, and
mother-baby centered.



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practices & care

A typical shift may include

- support and education
 - postpartum / mood disorders
 - healing
 - baby basics
 - feeding & sleeping
 - babywearing
 - car seat safety
 - older sibling acclimation
- light household maintenance
 - pump/bottle washing & sanitizing
 - light dishes
 - laundry: wash/dry / fold/tuck away
 - changing bedding
 - general tidying
- herbal bath preparation
- nurturing support and care for mom & baby (and family)
- baby care so parents can rest / spend time with older siblings / engage in self-care
- connection to resources and/or referral to other local providers
- grocery shopping / put-away
- more

One size *doesn't* fit all...

Postpartum care should be tailored to your specific needs and desires; as ever-changing as those may be! Needs change from hour to hour, and day to day. I'm always happy to be flexible and go-with-the-flow during our time together. My ultimate goal is for the mothers in my care to feel seen, heard, loved, and held.

When hiring me, you can receive:

- a source of knowledge & expertise
 - open to all questions and concerns
- a safe place to process and discuss the birth experience/traumas/worries/joys/sorrows
- connection to resources/local providers
- help towards feeding & sleeping goals
- support through baby's growth & development
- peace of mind & calming care
 - time for self-care, rest & rejuvenation
- household maintenance
- an understanding, supportive, and confidential companion (and biggest cheerleader)
- an eye out for anything atypical in mom, baby, or family that may require attention or referral
- a doula who will nurture, empower, and walk alongside you as you navigate parenthood



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recommended reading

Literature

Nine Golden Months
by Heng Ou

The First Forty Days
by Heng Ou

The Fourth Trimester by Kimberly
Ann Johnson

Cycles by Amy J Hammer, FNP

The Fifth Vital Sign by Lisa
Hendrickson-Jack

Taking Charge of Your Fertility by
Toni Weschler, MPH

Joy in Suffering by Rosemary
Pope (TW; pregnancy loss)

Spiritual Midwifery
by Ina May Gaskin

Ina May's Guide to Childbirth by
Ina May Gaskin

Ina May's Guide to Breastfeeding
by Ina May Gaskin



Certificate of Completion

This certifies that

Emma Hughes

has completed the 22 Hour Professional Postpartum Doula
Training with Laura Nance Education & Coaching, LLC and
qualifies for certification with Perinatal Professionals Association

1/12/2025

Date



Laura Nance

Laura Nance

ProDoula

professional & compassionate

This is to certify that

Emma Hughes

Has satisfactorily completed the necessary requirements of study as prescribed by
ProDoula and is therefore awarded the title of

ProDoula Pre-Certified Labor Doula

Training completion encompasses 20 In-class Hours,
and 17 Instruction Hours

Dated this 19th day of January Two-Thousand and Twenty-Five

Randy Patterson

Randy Patterson, CEO & Founder

ProDoula, The Leading-Edge Certification Organization for Birth Workers

Beacon, NY 12508



Certificate of Completion

Course Name

Foundational Newborn Care Training

This Course is accredited by CACHE International. *This is not a certification; it is evidence of completed training* The CE activity is APPROVED, Certificate#: 020922-16, for 16 CAPPA contact hour(s). This continuing education activity was approved by CAPPA. Approval valid through February 9th, 2024.

Emma Hughes

Date Awarded May 24, 2023

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HEARTSAVER

Heartsaver® First Aid CPR AED



American
Heart
Association.

Emma Hughes

**has successfully completed the cognitive and skills evaluations
in accordance with the curriculum of the American Heart Association
Heartsaver First Aid CPR AED Program.**

Optional modules completed:

Heartsaver Total, Child CPR AED, Infant CPR

Issue Date

2/5/2025

Training Center Name

Maine Medical Center

Training Center ID

ME04141

Training Center City, State

Portland, ME

**Training Center Phone
Number**

(207) 662-4173

Training Site Name

Biddeford Fire/Rescue

Renew By

02/2027

Instructor Name

Monica Powers

Instructor ID

11221113797

eCard Code

256017469719

QR Code



To view or verify authenticity, students and employers should scan this QR code with their mobile device or go to www.heart.org/cpr/mycards.

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