

## Emma Hughes - Respectful Holistic Care

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### Highlights

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- 7+ years experience as a Professional Nanny and Household Manager/Family Assistant, 2+ years experience as a Newborn Care Specialist/Postpartum Doula
- Passport ready and willing to travel, TSA precheck, experienced at traveling with families and flying alone with children, extensive international solo travel experience, adept at navigating public transportation (metro/bus/train), and confident in large cities such as New York, Paris, Stockholm, London, Copenhagen
- 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, warm, grounded, down to earth, and patient
- Expertise in gentle and respectful caregiving; experience with RIE, Montessori, and Waldorf
- Passionate about getting outside, no matter the weather, and nature integration in early childhood
- Strong swimmer and water safety conscious
- Specialized training and certifications in car seat safety, newborn care, postpartum and labor support

### Experience

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#### Overnight Care for Newborn

**August 2026 to October 2026**

*La Fond Family, Yarmouth, ME – One child, age 4 days at start*

- Supported first time parents through overnight newborn care for their baby welcomed via surrogate. Educated on newborn care, sleep, and feeding; including proper formula preparation, babywearing, developmental milestones, umbilical care, car seat safety, and more. Maintained detailed logs and established healthy sleep foundations and nurturing routines.

#### Overnight Care for Premature Newborn Twins

**March 2026 to May 2026**

*Springer Family, Cape Elizabeth, ME – Two children, age 6 weeks (39 weeks adjusted) at start*

- Worked closely with parents as their premature twins transitioned home after 47 days in the NICU. Established healthy sleep foundations and nurturing routines. Prepared breastmilk and prescriptively thickened and reinforced formula bottles, helped with older sibling acclimation. Tended to nursery duties.

#### Overnight Care for Newborn

**March 2026 to April 2026**

*Barrett Family, Portland, ME – One child, age 3 days at start*

- Supported second time parents through overnight newborn care. Prepared breastmilk and formula bottles, helped troubleshoot feeding and sleeping concerns, and tended to nursery duties.

#### Overnight Care for Newborn

**December 2025 to January 2026**

*Clark Family, Raymond, ME – One child, age 1 week at start*

- Partnered with first time parents and provided guidance and education for newborn care, sleep, and feeding. Assisted in postpartum recovery following cesarean section delivery. Provided breastfeeding and lactation support for exclusively breastfed baby, and later assisted in bottle introduction.

#### 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; stepping in to assist with occasional childcare duties as well.

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

**October 2025 to November 2025**

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

- Supported first time parents and educated on newborn care; including developmental milestones, hygiene sleep, and feeding. Prepared breast milk bottles, helped troubleshoot feeding and sleeping concerns, and tended to nursery duties.

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

**October 2025**

*Private Family, Cumberland, ME – Two children, age 1 week at start*

- Partnered with second time parents as they welcomed twins; three children under the age of two. Sole charge overnight newborn care. Prepared breastmilk and formula bottles, helped troubleshoot feeding and sleeping concerns, and tended to nursery duties.

#### **Temp Nanny/Proxy Parenting for Twins**

**September 2025**

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

- Sole charge care, day and night, of eleven month old boy/girl twins while parents traveled internationally for one week. Facilitated Baby Led Weaning and tended to all aspects of daily infant care.

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

**July 2025 to September 2025**

*Naush/McGee Family, Portland, ME – One child, age 1 week at start*

- Supported second time parents through overnight newborn care, three nights a week for a six week contract. Provided lactation support, brought baby to Mom to nurse, and supported parents in establishing nurturing routines and healthy sleep foundations.

#### **International Travel Nanny for Newborn and Toddler**

**April 2025 to June 2025**

*Private Family, Jönköping, Sweden – Two children, ages 2 months and 22 months at start*

- Supported family during their 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, Brielle, 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.

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

**October 2024 to December 2024**

*Kane Family, Cape Elizabeth, ME – One child, age 4 weeks at start*

- Supported second time parents through overnight newborn care. Prepared breast milk and formula bottles, helped troubleshoot feeding and sleeping concerns, and tended to nursery duties. Provided daytime postpartum support and assisted Mom with household and organizational projects.

#### **Part-Time Nanny for Preschoolers**

**September 2024 to April 2025**

*Stanton/Pratt Family, New Gloucester, ME – Two children, ages 3 years and 4 years at start*

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

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

- Traveled to Nashville to provide sole and shared charge nanny care and execute a variety of family assistant duties. Accompanied family to secondary residence in South Carolina: working 10-12 consecutive day stretches. Helped troubleshoot feeding and sleeping concerns and tended to nursery duties (bottle washing/sterilizing, tidying child-related spaces, etc). Assisted in packing/unpacking, family laundry, furniture assembly, travel preparation, errands, inventorying supplies and ensuring all items remained well stocked, and other as-needed family assistant duties.

**Overnight Care for Newborn Twins****March 2024 to May 2024***Lane/Sims Family, Portland, ME – Two children, twins, age 10 weeks at start*

- Sole charge overnight and daytime care on an as-needed basis. Prepared breast milk bottles, helped troubleshoot feeding and sleeping concerns, tended to nursery duties (bottle washing/sterilizing/baby laundry/keeping nursery tidy and diapers and wipes stocked), and administered medications as directed.

**Temp Nanny/Family Assistant for Preschooler and Infant****November 2023 to April 2024***Private Family, Raymond, ME – Two children, age 10 months and 3 years at start*

- Supported the family full-time, 50-60 hours per week, for a 6-week contract. Worked closely alongside the mother. Assisted in all child related daily-living tasks and household duties.
- April 2024: flew to Orlando, Florida to assist with an unexpected extension of family vacation. Provided sole charge care of both boys (ages 3.5 and 1) at LEGOLAND resort for over 40 hours, including overnight. 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.

**Postpartum Doula****August 2023 to November 2023***Bowman Family, Portland, ME – Two children, age 3 years and baby born August 2023*

- Supported family as they navigated the fourth trimester through daytime and overnight newborn care. Duties included: care of the newborn, overnight care, and holistic family-centered support.

**Full-Time Nanny/Household Manager****June 2021 to October 2023***Stanton/Pratt Family, Portland, ME – Two children, ages 18 months at start and baby born September 2021*

- Responsible for all daily living tasks from infancy, toddlerhood, and beyond; toilet trained both children.
- Family welcomed a new addition in September '21. Supported family through the fourth trimester, 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. 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 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.

**Full-Time Nanny/Family Assistant****January 2019 to May 2021***Garvey Family, Brunswick, ME and La Crosse, 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 clothes/toys/books/items pertaining to the children. Managed daily calendar 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**

*Garvey and Morgan 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**

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|----------------------------------------------------------------------|--------------------------|
| • Safe Kids Worldwide: Certified Child Passenger Safety Technician   | (renewed) September 2026 |
| • CACHE Certified Newborn Care Specialist                            | November 2025            |
| • Certified 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             |
| • Newborn Care Solutions: Foundational Newborn Care Specialist       | May 2023                 |

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

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- 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 8 countries and counting.
- To date, I have served over 40 local families in providing car seat education via my role as a CPST.
- Volunteer with Maine Needs.
- Joyfully mediocre in the art of ceramics and wheel throwing.
- Green thumb and in possession of a mini jungle of houseplants.
- All-season hiker, summer kayaker, and frequent explorer of the Northeast Atlantic coastline.