



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 & holistic care
- Passport ready, TSA pre-check, & 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 TRAINING & EDUCATION

Professional Postpartum Doula

NEWBORN CARE SOLUTIONS

Foundational Newborn Care Specialist
training

SAFEKIDS WORLDWIDE

Certified Child Passenger Safety Technician

RED CROSS: FIRST AID & CPR



EXPERIENCE

Over 6 years in private in-home childcare.

Specializing in infancy and toddlerhood.

Experienced in traveling with children and families (domestic & abroad).



CAREGIVING PHILOSOPHIES

Respectful, gentle, holistic, RIE-inspired, nature-based, and child-led.



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Respectful & Holistic Caregiving

Over the course of my career, I've worked with many families with a wide variety of parenting philosophies and practices. My caregiving style is the culmination of years of research, education, trial and error, and above all: lived experience.

I would describe my caregiving style as "respectful and holistic," heavily inspired by RIE (Magda Gerber and Janet Lansbury), and the Montessori and Waldorf traditions. I also take lessons from the intuitive and ancestral childrearing ways that are still practiced around the world..

In simple terms? I believe:

- children are worthy of honor, dignity, and respect
- discipline means "to teach," not to punish
- children are immensely capable when given the proper tools, time, and space to explore, move, play, and learn at their own pace
- children thrive in the presence of calm, confident, and compassionate caregivers.
- play is the ultimate teacher
- in speaking to them kindly and clearly
- in setting loving, firm, and developmentally appropriate boundaries and expectations
- in freedom within limits
- in meeting children where they're at
- in getting outside, no matter the weather





Respectful Caregiving Crash Course

Respectful Caregiving is Authoritative Caregiving

- High responsiveness, high demandingness
- Sets clear rules and expectations for children while practicing flexibility and understanding
- Frequent two-way communication; adults listen to, and take into consideration, their children's thoughts, feelings, and opinions and invite children to do the same via modeling and boundary setting
- Allows natural consequences to occur (e.g., kid fails quiz when they didn't study), but uses those opportunities to help their kids reflect and learn

It's caregiving without shame, blame, or punishment. Rooted in collaborative partnership, children are seen and heard, with an authoritative adult utilizing consistent and compassionate boundaries. It's about viewing children as whole human beings who are worthy of honor, dignity, and respect (and meeting them where they're at)! It's about the long-game, not the short-game.

- "... teaches children that they can be active in the world, set their own boundaries, trust their own needs, and make their voices heard. It offers a framework for children to learn to assert themselves clearly but respectfully."



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What is it?

- Clear, consistent, boundaries and expectations
- Consequences are reasonable, fair, and preferably natural or logical
- Knowing when to tell, not ask. Being decisive and using concise language
- Requires an understanding of child development; expectations must be developmentally appropriate and meet the child where they're at
- Requires a reframing of how we view children/parenting/discipline. Children are not "naughty" or "bad," they're brand-new humans who need to be taught what to do and how to do it! Discipline = "to teach"
- Emphasis on improving a child's self-awareness and understanding of their own behavior. Co-regulation with caregivers paves the way to healthy self-regulation as the child grows
- Requires patience, empathy, and consistency from caregivers

What is it NOT?

- Allowing kids to do or get whatever they want (AKA: permissive)
- Never saying "no"
- Turning everything into a negotiation
- Allowing children to disrespect adults/caregivers
- Using an unnatural / overly baby-ish /condescending voice
- Asking the same question a million times ("Can you put your coat on? Please put your coat on. Timmy, put your coat on.")
- Helicopter parenting / feeling like adults need to manage every move and emotion
- Turning EVERYTHING into a "teaching moment" (sometimes they just need to feel what they need to feel / life has to go on)
- Shying away from children's uncomfortable or "big" emotions
- Using on a bait-and-switch or disrespecting a child's emotions, ie: "stop crying! look at the shiny thing!"



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

I don't believe there is just one "right" way to raise a child, this is simply what I've found to be the most intuitive and effective model of care for me. However, I do believe consistency is very important for young children, and you can rest assured I'll cater my caregiving to your unique family needs; combining my experience and expertise with your parenting instincts and the personality of the child(ren). I always aim to meet children where they're at and go at their pace!

My caregiving practices include:

- babywearing
- balancing physical proximity for secure attachment with creating space for independent play
- cultivating prepared environments to promote independent play and exploration
- time in nature
- facilitating messy and risky play
- developmentally informed discipline with firm boundaries and logical / natural consequences
- daily outings and adventures
- supporting children through their "big feelings" to promote social emotional intelligence
- singing and storytelling
- lots of time spent snuggled up with some good books
- including children in daily household tasks and chores to create a collaborative household culture and acquisition of practical life skills
- lots and lots of giggles!





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Long live childhood wonder

No two days are ever the same, and that's part of the beauty of life with kids! Our days vary based off of the needs of the children, their ages and stages, the seasons and weather, and what the local environment has to offer. Days with me usually involve an adventure and/or outing, preferably in the great outdoors, but they always include lots of laughter and fun!

Some Southern Maine favorites:

- hunting for seashells at local beaches
- Mackworth Island State Park
- child-led walks in the woods
- Smiling Hill farm barnyard
- Peaks Island
- farmers markets
- Falmouth library
- Maine Wildlife Park
- Fort Williams children garden
- Eastern Promenade
- Bradbury Mountain
- bike rides on the Greenbelt
- seasonal fruit picking at local farms and orchards

When adventuring away from home, I aim to provide children with a sense of stability and familiarity while encouraging adaptability and an adventurous spirit. You might find us taking in the local sights, cozying up in a coffee shop, or hunting for the next great playground!



NATIONAL
**CHILD
PASSENGER
SAFETY**
CERTIFICATION

Certifying Body: **Safe Kids Worldwide**
Curriculum by: **NHTSA**

A Program of
Safe Kids Worldwide

In collaboration with:
The National CPS Board
Program Sponsor: **State Farm®**

Certification Confirmation

Emma Hughes

T820122:Certified Technician

Valid from September 20, 2024 through September 19, 2026

**Bring this card to all of your CPS events for
proof of your certification.**



<p>NATIONAL CHILD PASSENGER SAFETY CERTIFICATION</p> <p>A Program of Safe Kids Worldwide</p>	<p>Emma Hughes T820122</p> <p>September 20, 2024 - September 19, 2026</p> <p>Certified Technician Certifying Body: Safe Kids Worldwide Curriculum by: NHTSA In collaboration with: The National CPS Board Program Sponsor: State Farm®</p>	<h3>Seat Check Notes</h3> <table border="1"><thead><tr><th>Seat Type</th><th>Date</th><th>Instructor Name</th></tr></thead><tbody><tr><td>RF Only</td><td>_____</td><td>_____</td></tr><tr><td>RF Convertible</td><td>_____</td><td>_____</td></tr><tr><td>FF Harness</td><td>_____</td><td>_____</td></tr><tr><td>Booster</td><td>_____</td><td>_____</td></tr><tr><td>LATCH</td><td>_____</td><td>_____</td></tr></tbody></table>	Seat Type	Date	Instructor Name	RF Only	_____	_____	RF Convertible	_____	_____	FF Harness	_____	_____	Booster	_____	_____	LATCH	_____	_____
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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 CAPPAs contact hour(s). This continuing education activity was approved by CAPPAs. Approval valid through February 9th, 2024.

Emma Hughes

Date Awarded May 24, 2023

Gonyea R. Sakowicz



Certificate of Completion

EMMA HUGHES

has met our standards of excellence and is awarded the following credentials:

CPPD

Certified Professional Postpartum Doula

250308P
CERTIFICATION
NUMBER



Jade Holmes
JADE HOLMES, DIRECTOR
PERINATAL PROFESSIONALS ASSOCIATION

03/25/2025
DATE

02/12/2026
EXPIRATION

For verification: admin@perinatalprofessionals.com 877-776-6884

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

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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