

Emma Hughes - Respectful Holistic Care

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Highlights

- 6+ years experience as a Professional Nanny and Household Manager/Family Assistant, over a decade in childcare at large
- 1+ years experience as a Newborn Care Specialist and Postpartum Doula
- Passport ready and willing to travel, experienced at traveling with families and flying alone 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, Amsterdam, 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, down to earth, and patient
- Expertise in gentle and respectful caregiving; experience with RIE, Montessori, and Waldorf philosophies and practices
- 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

October 2024 to December 2024

Private Family, ME – One child, age 4 weeks at start.

- Sole charge overnight newborn care, three nights a week for a six week contract.
- Prepared breast milk and formula bottles, 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 Present (ongoing)

Private Family, ME – Two children, ages 3 years and 4 years at start

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

Overnight Care for Newborn & Travel Nanny for 3-under-3

June 2024 to August 2024

Private Family, ME – Three children, age 7 days, 18mo, and 3 years at start

- Sole charge overnight newborn care on a biweekly basis for 10 weeks.
- Prepared breast milk and formula bottles, helped troubleshoot feeding and sleeping concerns.
- Accompanied family on 6 day holiday to Bermuda; mix of sole and shared charge care of all three children.

Fly-In/Fly Out Travel/Tour Nanny and Family Assistant

March 2024 to June 2024

Private 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 another residence in South Carolina and to other domestic destinations for work and leisure.

- Prepared breast milk bottles, helped troubleshoot feeding and sleeping concerns, 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

Private Family, 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 (bottle washing/sterilizing/baby laundry/keeping nursery tidy and diapers and wipes stocked), 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.
- Responsible for all daily-living tasks, and nursery 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 in through theme parks, including LEGOLAND and Disney.

Ad Hoc Care for Toddler and Infant

September 2022 to Present (as needed)

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. Accompanied family to travel destinations.

Postpartum Doula

August 2023 to November 2023

Private Family, 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, breastfeeding support, education, and holistic family-centered support.

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, 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. 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 lesson 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.
- Followed strict allergy related dietary restrictions and trained in Epi-Pen use.
- Toilet trained both children.
- Oversaw the organizing, management, rotation, and donation of all clothes/toys/books/items pertaining to the children.
- Managed daily activities and drove children to and from school, swim lessons, outings, and other events.
- 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.
- Researched various products and activities for the child(ren) and presented the best options to parents for consideration.

Certifications and Trainings

American Red Cross: First Aid and CPR (Adult and Infant)

February 2025

- *In-person training incorporating the latest science and teaching students to recognize and care for a variety of first aid emergencies and how to respond to breathing and cardiac emergencies.*

ProDoula: Labor Doula

January 2025

- *Virtual 2-day, 20 hour, training. Designed to educate and equip labor doulas and birthworkers, and covering material such as communication, stages of labor, physical and emotional support, scope of practice, interventions and medications, and understanding the birth environment.*

Laura Nance Education and Coaching: Professional Postpartum Doula

January 2025

- *This special training, certified by the Perinatal Professionals Association and hosted by industry expert Laura Nance, gave credit to previous Newborn Care Solution students for the newborn portions of NCS training received. Material covered included best practices to support the rest and recovery of the mother and family in the postpartum period, breastfeeding support, perinatal mood disorders, and more.*

Safe Kids Worldwide: Certified Child Passenger Safety Technician

(renewed) September 2024

- *In-person 4-day training. CPS technicians use their considerable knowledge and expertise in vehicle and car seat safety in private consultations and at a variety of community-based activities, such as child safety seat checks, where parents and caregivers receive education and hands-on assistance.*

Newborn Care Solutions: Newborn Care Specialist

May 2023

- *Online training by industry leaders designed to provide comprehensive and evidence-based education in newborn care, appearance, feeding, sleep, and more. Newborn Care Specialists are experts in the first 12 weeks of life and beyond.*

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 8 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.
- 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.