



EMMA HUGHES

nanny | doula | NCS | CPST

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

CONTACT ME

 207-844-0814

 mainenanny207@gmail.com

 themainenanny.com

 Brunswick, ME
Available worldwide

➤ TRAININGS AND CERTIFICATIONS

NEWBORN CARE SOLUTIONS
Foundational Newborn Care Specialist training

SAFEKIDS WORLDWIDE
Certified Child Passenger Safety Technician

➤ EXPERIENCE

Over 5 years as a full-time nanny.

Specializing in infancy and toddlerhood.

Passionate and knowledgeable about fertility, pregnancy, birth, & postpartum.

➤ CAREGIVING PHILOSOPHIES

Inspired by ancestral indigenous practices.

Respectful, holistic, and family-centered.



Doula Philosophy

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

Mothering the Mother

My philosophy is simple: mother the mother. I believe that when mothers are properly nurtured and cared for, they're better equipped to care for their new babes.

I believe women were made to be in community with other women: sisters, mothers, aunts, grandmothers, friends. We were made to do life together, and be there for each other through life's sorrows and joys.

The grounding principle of my care is to hold women. Physically, mentally, and emotionally. A woman that has been lovingly held is a woman that is set on the path to healing. Both holding, and being held, require deep vulnerability, humility, and trust. It is my aim to cultivate the trust and safe space needed for a new mother to allow herself to be mothered too.

None of this is new, in fact, it's very very old. My philosophy is rooted in ancestral, biblical, and indigenous practices; in the village-like communities we were all designed to dwell within. The history of postpartum care around the world is rich, and puts our hyper-individualistic Western culture to shame.

Common practices in other cultures include long "lying-in" or "confinement" periods, where a new mother's only job is to rest, heal, and bond with her new baby. New mothers are surrounded by their communities, by families and friends. They are nurtured and held. This is the way postpartum was meant to be.



Doula Practices

Sample Menu Offerings

Breakfast

Overnight Protein Oats
Baked Protein Oatmeal
Egg Muffin Bites
Porridge

Snacks

Muffins
Lactation Cookies
Energy Balls
Bone Broth
Homemade Gatorade

Lunch/Dinner

Soup
Chili
Chicken Pot Pie
Rice Bowls
Shepherds Pie
Salmon
Tuscan Chicken Stew
Stuffed Peppers
Pesto Chicken Thighs
Lemon Chicken Chowder

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.

Some practices in my care include:

- cooking nourishing meals
- nurturing and loving on mom & baby
- preparing herbal baths (for mom and/or baby)
- being a safe place to process and discuss the birth experience/traumas/worries/joys/sorrows
- light housekeeping
 - dishes
 - pump & bottle washing/sanitizing
 - laundry: wash/dry/fold/tuck away
 - changing bedding/linens
 - general tidying
- grocery shopping/pick-up/put-away
- connecting to resources/local providers
- baby care so parents can rest/spend time with older siblings/engage in self-care (daytime & overnights)
- providing education and empowerment with babywearing, car seat safety, sleep, feeding, etc
- helping older siblings acclimate