



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

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 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 a decade in childcare at large.

Over 5 years as a full-time nanny.

Specializing in infancy and toddlerhood.

➤ CAREGIVING PHILOSOPHIES

Inspired by RIE, Montessori, Waldorf,
and ancestral indigenous practices.

Respectful, holistic, nature-based, and
child-led.



Caregiving Philosophy

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 by indigenous communities.

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."

Respectful Caregiving 101

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!"



Caregiving Practices

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!





Daily Life

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!