

Emma Hughes - Respectful Holistic Care

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Highlights

- 5+ years experience as a Professional Nanny and Household Manager/Family Assistant, over a decade in childcare at large
- 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/tram/train), confident in large cities such as New York, Paris, Amsterdam, London
- Valid driver's license, clean driving 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, and nature exposure and integration in early childhood
- Strong swimmer and water safety conscious
- Extensive experience with newborns, multiples, short age gaps, and confidently caring for several young children at once
- Specialized training and certifications in car seat safety and newborn care

Experience

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

March 2024 to Present (as needed)

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 (bottle washing/sterilizing, tidying child-related spaces, etc). Assisted in packing/unpacking, family laundry, furniture assembly, travel preparation, inventorying supplies and ensuring all items remained well stocked, and other as-needed family assistant duties.

Overnight Care for Newborn Twins

March 2024 to present (as needed)

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 Nanny for Preschooler and Infant

November 2023 to present (as needed)

Private Family, ME – Two children, age 10 months and 3 years

- Mix of sole and shared charge care. 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, including, but not limited to: feeding (including formula bottle preparation and Baby Led Weaning), meal prep and family dinners, school drop-offs and pick-ups, playroom organization and maintenance, bedtime and bath routines, planning outings and activities, and providing opportunities for child-led discovery and play.
- April 2024: flew to Orlando, Florida with 24 hours notice 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.

Temp and Travel Nanny for Toddler

September 2022 to Present (as needed)

Private Family, ME – Two children, age 10 months at start and baby born November 2023

- Mix of sole and shared charge (primarily sole-charge) care. Supported the family on a temporary/fill-in and travel basis.
- Responsible for all daily-living tasks, including, but not limited to: feeding (including breast milk bottle preparation and Baby Led Weaning), bedtime and bath routines, soothing and supporting to sleep, planning outings and activities, transporting, and providing opportunities for child-led discovery through nature immersion and independent play.

- 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-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 from infancy, toddlerhood, and beyond. These included, but were not limited to: feeding (including breast milk bottle preparation and Baby Led Weaning), maintaining hygiene, collaborating on development and discipline, toilet training, bedtime and bath routines.
- 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-May 2021

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

- Mix of sole and shared charge (primarily sole-charge) care. Responsible for all daily living tasks, including, but not limited to: feeding (including breast milk bottle preparation, weaning, and preparing meals), naps, bedtime and bath routines.
- 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-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, including, but not limited to: bottle preparation (breast milk and formula), coordinating feeding/nap schedules, weaning with a mix of baby led and puree based weaning, preparing meals, bed and bath time routines, planning and organizing daily activities and outings and transporting children to/from..
- Researched various products and activities for the child(ren) and presented the best options to parents for consideration.

Education

Region 10 Technical High School

Graduated 2017

- *Certified Nurses Assistant License (note: has since lapsed from disuse)*

Certifications and Trainings

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.*

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

April 2023

- *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.*

Safe Kids Worldwide: Nationally Certified Child Passenger Safety Technician

September 2022

- *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.*

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 30 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 (and only kept 4)!
- 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.