



NICOLE'S NANNIES

A GUIDE FOR FIRST TIME PARENTS

WWW.NICOLESNANNIES.COM

WHAT'S INCLUDED



GOING
BACK TO
WORK



TRANSITIONING
YOURSELF AND
BABY



SAMPLE
TRIAL
DAYS



COMMUNICATING
WITH THE
NANNY



SAMPLE
COMMUNICATION
LOG



FEELINGS
YOU MAY
HAVE



GOING BACK TO WORK

As a first time parent, it can seem incredibly scary leaving your baby for the first time. You may have thoughts such as the following:

- I get exhausted caring for my baby all day, so how can anybody else do this?
- How will anybody besides the baby's parents know what my baby will need?
- How will I know that I can trust somebody else with my baby?
- My baby is so tiny, how will I know the baby will be okay?
- My baby's routine is different and unique and I'm unsure that somebody will be able to handle that?

THEY ARE PROFESSIONALS

It's important to remember that whoever is being hired to care for your baby is a professional. They have more experience caring for babies than you do, because this is their profession.

Nannies in this industry not only have multiple years of experience caring for babies, but they have certifications (such as CPR and First Aid, and a majority have Newborn Care Specialist training). They adapt fast to new children and they know signals to look for in order to properly care for a baby.

Every baby is unique, including yours. A nanny understands and recognizes this and will work with you to understand your baby's schedule and routine.

NANNIES GET TO GO HOME AT NIGHT

It is so important to remember that you're exhausted because you are caring for a baby 24/7. A majority of nannies do not have newborns who are waking up throughout the night. They get to leave work, go home, and get a full nights rest.

TRANSITIONING YOURSELF AND BABY



If this will be the first time that you will have somebody else watching your baby, then it's a smart idea to start a slow transition period before a full-time schedule will begin.

Doing transition days will not only ease your anxiety and fears, but it will allow your baby to get to know the new caregiver and feel safe and secure while you are away.

DATE NIGHTS

Start with a night out. This could be dinner, a movie, or just a trip to Target. Start slow with at least an hour. During this time it's important to remember not to text or call the caregiver that you have assisting with your child.

TRIAL DAYS

Schedule short trial days and slowly increase those days until it becomes a full day. Slowly adding hours onto the day will not only assist your little one with the transition, but will help you with trusting the caregiver and establishing security for you.

SAMPLE TRIAL DAYS

Monday 9:00 AM - 10:30 AM

You are home and in the same room the entire time.

Tuesday 9:00 AM - 11:30 AM

You are home and go to a separate room 10:00 AM - 11:00 AM

Wednesday 9:00 AM - 12:30 PM

You are home until 10:00 AM. You leave and come back at 12:00 PM

Thursday 9:00 AM - 2:00 PM

You are home until 10:00 AM. You leave and come back at 1:30 PM

Friday 9:00 AM- 5:00 PM

You are home until 9:30 AM. You leave and come back at 3:30 PM

WHY TRIALS ARE IMPORTANT

Trial days not only assist the transition for your little one, but they help you transition into having assistance full-time while you have to go to work.

Allowing yourself a slow transition will provide security and trust in the caregiver you have chosen to help you during the weekdays.



COMMUNICATION WITH THE NANNY

Your baby will change daily, and so will the schedule and routine which means it's so important to keep an open line of communication with your caregiver to ensure that you are both on the same page at all times.

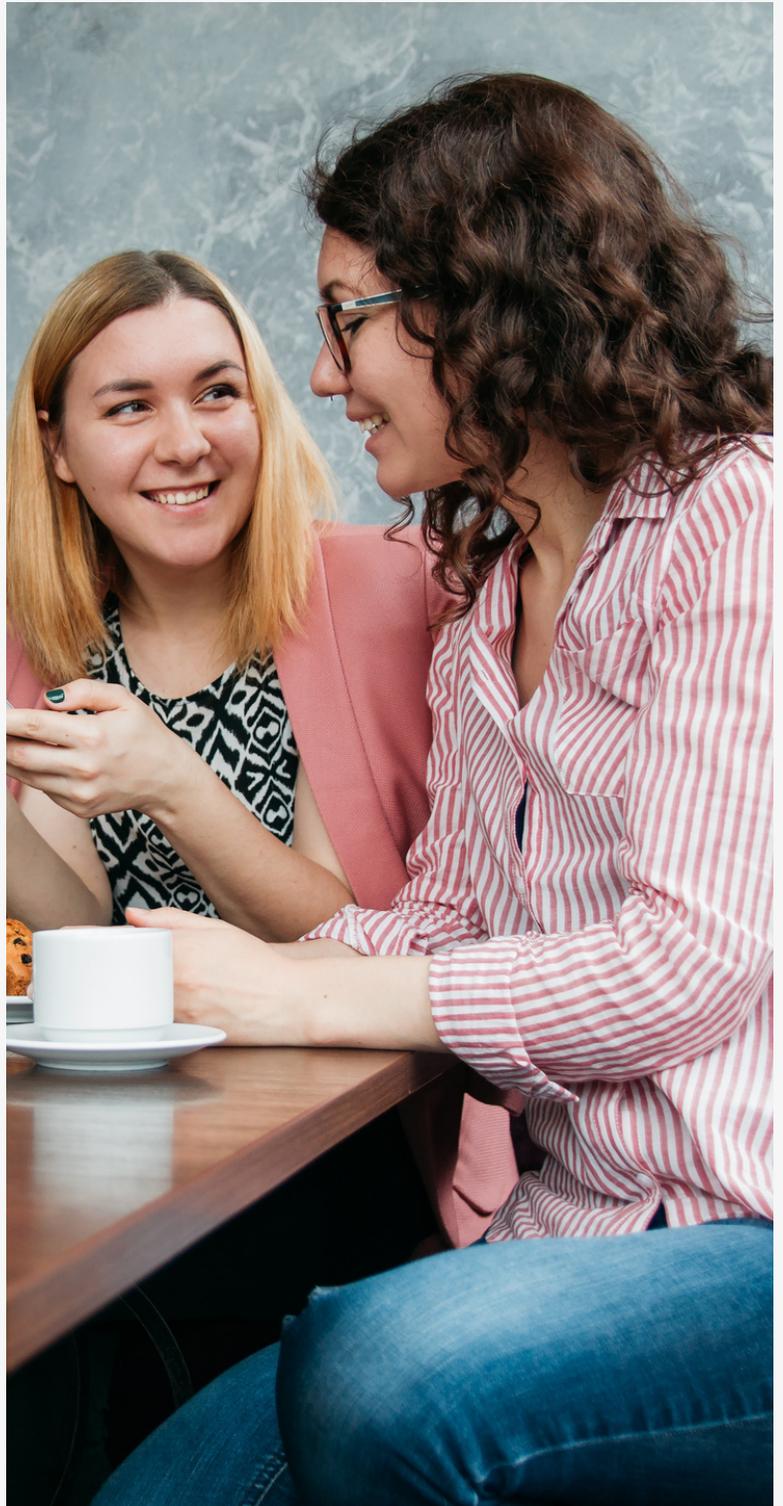
If your baby has had a rough night and may need more snuggling during the day, then it's important to inform the caregiver of that. It's also important for you to know whether or not the baby had a rough day so you can plan your night accordingly.

You can keep a paper log (download our free one online), or use an app so you can check in throughout the day if you wish

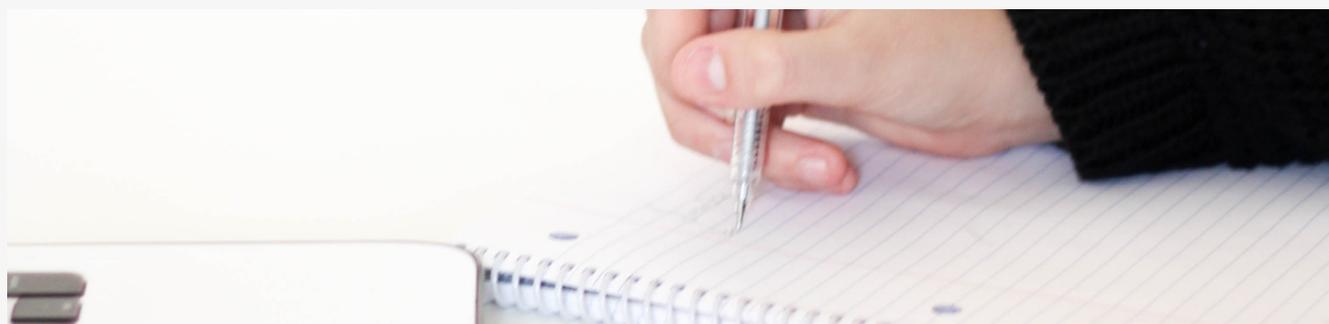
Before the nanny starts, we also highly suggest that you write a detailed log of the baby's typical schedule and routine.

This will not only assist with your anxiety about leaving for the first time, but will help the new caregiver know exactly how you do things on a daily basis since every family is unique with how they run their household and raise their children.

Please keep in mind that this log will change and the nanny will adjust to her own schedule and routine (with prior approval) to what works with her and is safe for the baby!



SAMPLE COMMUNICATION LOG



Feeding times: Baby likes to be held during bottle time. Halfway through the bottle the baby needs to be burped. After the bottle the baby needs to be held or placed in a bouncer at an angle due to digestion for a minimum of 10 minutes to avoid spit up.

Nap time: Baby likes to be swaddled with one arm hanging out. We turn the white noise machine on and close the curtains to make the room darker. At this time baby likes to be rocked to sleep, and then placed into the bassinet. There will be times where baby will wake up and cry. We do not believe in the cry it out method and request that if needed the baby is held during naps until we come up with a schedule and routine together that is safe and does not involve distress to the baby. We do not want the baby to sleep in a rocker, car seat, or any inclined seat. The baby must be laid on their back during nap time or held safely in your arms.

Play time: The baby loves to be read to and we ask that you try to do this a few times during the day. We would like the baby to do tummy time at a minimum of two times a day for no more than the recommended time (we will update this as the baby continues to grow). Baby does not like tummy time and will fuss, so we find providing mirrors or toys will assist with the fussiness. Do not leave the baby unattended during tummy time. Do not do tummy time immediately after eating.

Pacifiers: The baby enjoys having a pacifier and we do not mind if the baby has one throughout the day. We try not to let the baby have the pacifier during naps unless properly monitored.

Diapers: We use water wipes at the moment during diaper changes. Please use a wipe each time, regardless if the baby has pooped or peed. We dry the baby's bottom with a dry cloth (we will keep stocked by the changing table) before we put aqua-for on. Please do this each time to avoid diaper rashes as we have found this has worked best for baby. If the baby has a diaper rash, please use the diaper cream that we have provided during each changing.

Laundry: Please wash the baby's laundry only in the provided detergent. Do not wash the clothes with the linens as we wash those separately.

Outdoor time: If you wish to take a walk, please ensure that the baby is bundled appropriately. Do not take walks with headbands on the baby (to avoid it slipping over the baby's face without you seeing), and do not use a blanket unless you can see the baby. If the weather is chilly you may use a swaddle or the carriage's outdoor blanket that we provide.

Hand washing: Please wash your hands after diaper changes and before feedings or holding the baby. We will keep sanitizer nearby, but we prefer water and soap after diaper changes and immediately before work as an attempt to avoid germs.

FEELINGS YOU MAY HAVE



A majority of parents feel sad and as though they will miss out on many milestones during their children's life. There will be times where your baby will experience firsts other than with you, such as crawling or discovering a new toy. For most parents, this can be an overwhelming thing to consider and think about.

HOW TO HELP YOUR FEELINGS

The great thing about having a nanny is that you can request fun photo updates throughout the day. Ask your nanny to send photos throughout the day of the baby so you can see fun and adorable updates throughout the day.

It is perfectly fine to have cameras in your home to check in on your baby. It's important to know that you do need to inform the nanny that you have cameras in the home. If you feel that you may be the type of parent who will check in constantly and it may overwhelm you, then we highly suggest not utilizing cameras because it may not help you during the transition of going to work full-time.

It's important to remember that even if you miss a milestone, you will still be able to experience your baby experience or learn something new. The fun thing about babies is that they also will not remember what their first anything was. It's up to YOU to inform your baby when they first started walking, what their first word was, and any other firsts that may come up. It's also important to remember that YOU are their first.

It's also important to remember that you are building your child's future by working hard, so you may miss out on a few firsts but you won't miss out on giving your child the opportunity of a lifetime.

ABOUT NICOLE'S NANNIES

Nicole's Nannies was founded by a former nanny who has over ten years of experience. The founder, Heather Nicole, uses her knowledge of nannying as well as her background in Childhood Education and Child Psychology to help recruit and place the best nannies!

Our services include nannies (full-time, part-time, temporary), night nannies, baby nurses and housekeepers. Nicole's Nannies has a detailed screening process that is in line with the INA and APNA standards, which leaves us with only the most qualified nannies. We also personally interview each candidate.

Nicole's Nannies team of professionals are able to find the perfect fit for our clients' family. We understand that each client has a different set of needs, which is why we make sure to discuss in depth so that we can ensure we have the perfect fit for your family.

The team at Nicole's Nannies cares about your family, and we are committed to not only placing a quality nanny in your house, but to making sure the process is easy, stress free, and enjoyable.

WE ARE ASSOCIATED WITH THE FOLLOWING

