



# ERICA J. HARRIS

Located in Virginia, USA  
Available for: Newborn Care Specialist  
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## **ADV. CERTIFIED NEWBORN CARE SPECIALIST** SPECIALIZED TO HELP WITHIN THE POSTPARTUM PERIOD

Erica Harris is an **Advanced Newborn Care Specialist, Postpartum Doula, Pediatric Sleep Consultant, and Postpartum Nutritionist**, with over **20 years of experience** supporting private families through the birth, newborn, and postpartum period. A former **Certified Nursing Assistant**, Erica brings a strong medical foundation to her work, providing families with knowledgeable, confident, and compassionate care during one of the most vulnerable stages of life.

She is highly experienced in **24/7 and rotational care**, live-in support, and both **domestic and international travel**, seamlessly adapting to each family's lifestyle and household structure. Erica has extensive hands-on experience caring for **singletons, twins, micro-preemies, and medically complex infants**, including those requiring advanced medical support. Her calm, polished presence helps families feel grounded and supported, even in high-pressure or high-expectation environments.

Erica is widely recognized for delivering **thoughtful, evidence-based newborn care** while maintaining the discretion and professionalism required in **fully staffed, high-profile households**. She specializes in **sleep conditioning** and provides **LGBTQIA-inclusive, family-affirming care**, ensuring every family feels respected, supported, and understood. Families value her direct communication style, her deep understanding of newborn medical and developmental needs, and her intuitive ability to know when to step in with guidance—and when to step back to allow parents space and privacy.

Her expertise spans a wide range of specialized newborn and postpartum support, including **postpartum nutrition and recovery, lactation support, NG and G-tube care, oxygen and pulse oximetry therapy, apnea monitoring, bilirubin blanket use, wound care**, and collaboration with **physical and occupational therapy teams**. Erica is also skilled in **coaching and training household staff** to ensure continuity of care and consistent newborn routines.

Fully vaccinated and **travel-ready**, Erica holds **TSA Pre-Check, Global Entry, and CLEAR**, allowing for efficient, stress-free travel alongside families. She is known for her reliability, discretion, and unwavering commitment to excellence, making her a trusted partner for families seeking expert newborn and postpartum support at the highest professional standard.

## QUALIFICATIONS

- **Advanced Newborn Care Specialist** with over 20 years of private newborn and postpartum experience.
- **Certified Postpartum Doula**, Pediatric Sleep Consultant, and Postpartum Nutritionist.
- **Former Certified Nursing Assistant** with strong clinical and medical care foundations.
- **Extensive experience** providing 24/7, live-in, and rotational newborn care.
- **Specialized in care for singletons, twins, micro-preemies**, and medically complex infants.
- **Skilled in advanced medical support** including NG/G-tube feeding, oxygen therapy, pulse oximetry, and apnea monitoring.
- **Expertise in lactation support**, postpartum recovery, and sleep conditioning.
- **Experienced in domestic and international travel** with private families.
- **Trusted in fully staffed, high-expectation households** requiring discretion and professionalism.
- **Experienced training and coaching household staff** to ensure continuity of newborn care.
- **Provides LGBTQIA-inclusive**, family-affirming newborn and postpartum support.
- **Fully vaccinated and travel-ready** with TSA PreCheck, Global Entry, and CLEAR.

## SKILLS & STRENGTHS

### • **Advanced Newborn & Infant Care Expertise**

Over 20 years of hands-on experience providing professional newborn care in private households. Highly skilled in feeding, soothing, swaddling, burping, bathing, diapering, and early developmental support. Extensive experience with singletons, twins, micro-preemies, and medically complex infants.

### • **Medical & High-Acuity Newborn Support**

Exceptionally experienced supporting infants with complex medical needs, including reflux, bronchiolitis, severe allergies, apnea monitoring, oxygen and pulse oximetry, feeding tubes (NG/G-tube), bilirubin therapy, and post-surgical monitoring. Confident collaborating with pediatricians, nurses, therapists, and specialists.

### • **Postpartum & Maternity Support**

Provides compassionate, evidence-based postpartum care for new mothers, supporting physical recovery, emotional well-being, and family adjustment. Offers calm reassurance and practical guidance during the fourth trimester while respecting family privacy and boundaries.

### • **Sleep Conditioning & Routine Development**

Specializes in gentle, developmentally appropriate sleep shaping and conditioning for newborns and infants. Experienced implementing sustainable overnight routines while remaining responsive to medical considerations and feeding needs.

### • **Lactation & Feeding Support**

Provides informed support for breastfeeding, bottle feeding, and combination feeding. Skilled in latch guidance, feeding rhythm optimization, formula transitions, reflux-friendly feeding strategies, and milk storage and handling.

### • **Parent Education & Coaching**

Highly skilled educator known for empowering parents through hands-on teaching and clear communication. Provides guidance on newborn care fundamentals, safe sleep practices, feeding techniques, soothing methods, and early developmental cues.

### • **High-Profile, HNW & UHNW Household Experience**

Proven ability to operate with professionalism, discretion, and confidence in high-profile, high-security, and fully staffed homes. Trusted by HNW and UHNW families for reliability, confidentiality, and polished presence.

• **24/7, Overnight & Rotational Care**

Extensive experience providing overnight, 24-hour, live-in, and rotational newborn care. Highly adaptable to long shifts, changing schedules, and intensive coverage demands.

• **Travel & Logistics Support**

Experienced traveling domestically and internationally with families, maintaining consistent standards of care across locations. Skilled in preparing nurseries on arrival, managing supplies, and ensuring continuity of routines during travel.

• **Team Collaboration & Continuity of Care**

Works seamlessly alongside parents, night nannies, household staff, medical professionals, and therapists. Frequently trains and transitions care to other caregivers to ensure long-term continuity.

• **Calm, Intuitive & Discreet Presence**

Recognized for a composed, intuitive approach and ability to read family dynamics. Knows when to step in with support and when to step back, fostering trust, confidence, and emotional safety for families.

**EDUCATION, CERTIFICATIONS & PROFESSIONAL DEVELOPMENT**

Newborn Care Training Academy	Newborn Care Specialist Training	2018, 2020
Rosebud Doulas	Postpartum Doula Training	2019
Bebo Mia	Birth & Postpartum Doula Education	2019
Newborn Care Solutions Institute	Foundational & Advanced Newborn Care Specialist	2020
Safe Beginnings	First Aid & Infant Safety Training	2020
H.E.R.B.A.L	Breastfeeding Education & Support	2020
ProDoula	Birth Doula Certification	2020
Supporting Neonatal Resuscitation	Neonatal Resuscitation Training	2020
Summer’s Sleep Secrets	Sleep Consultant Training Program (30 hrs)	2022
Summer’s Sleep Secrets	Signature Sleep Consultant Program	2022
Beyond Newborn Care Training	Advanced Newborn & Family Support	2022
Summer’s Sleep Secrets	Professional NAP Course	2022
AADP	Holistic Health Practitioner	2023
Summer’s Sleep Secrets	Pediatric Sleep Consultant Certification	2023
Summer’s Sleep Secrets	90-Day Accelerator Business Workshop	2023
American Heart Association	Adult, Child & Infant CPR / First Aid / AED / BLS	5/16/2026
The NICU Translator	NICU Doula Academy	3/2026

**MOST RELEVANT EXPERIENCE (10 YEARS)**

**Newborn Care Specialist (12-Hour Overnight) | H. Family | Broadlands, VA | March 2026 – April 2026**

- **Contract Length:** 4 weeks
- **Coverage:** 12-hour shifts
- **Client Profile:** Private Family

Provided overnight newborn care for a singleton infant, supporting feeding routines, reflux management, and parental education during the early postpartum period.

**Key Responsibilities:**

- Delivered overnight newborn care including soothing, swaddling, feeding, burping, diaper changes, and safe sleep practices.
- Provided breastfeeding support alongside bottle feeding, ensuring proper latch guidance and feeding efficiency.
- Supported management of **silent reflux**, implementing positioning techniques and comfort-focused care strategies.

- Developed and provided a **written daytime care plan** to support consistency across caregivers.
- Educated parents on newborn care fundamentals, feeding routines, and sleep expectations.
- Maintained clear overnight communication regarding feeding patterns, sleep, and infant behavior.
- Experienced working with **Carrot Fertility families**, ensuring aligned documentation and care standards.

**Newborn Care Specialist (24/7 Care) | B. Family | Washington, DC | January 2026 – March 2026**

- **Contract Length:** 6 weeks
- **Coverage:** Up to 20 hours per day (24/7-style coverage)
- **Client Profile:** Emergency Placement

Provided full newborn care support under emergency circumstances, assuming primary responsibility for a newborn while the mother was hospitalized.

**Key Responsibilities:**

- Delivered comprehensive newborn care including feeding, soothing, swaddling, diapering, bathing, and sleep support.
- Operated with **full autonomy over infant care**, ensuring stability, safety, and continuity during a high-stress family situation.
- Supported bottle feeding while assisting with the transition to breastfeeding once the mother re-engaged in care.
- Established structured nap routines and early sleep foundations.
- Provided parent education and guidance to support confidence once the mother returned home.
- Maintained a calm, organized environment while adapting to evolving family needs and medical circumstances.

**Newborn Care Specialist (Overnight) | W. Family | Cleveland, OH | September 2025 – November 2025**

- **Contract Length:** ~8 weeks
- **Coverage:** Overnight
- **Client Profile:** High Net Worth Family

Provided overnight newborn care for a singleton infant, supporting healthy sleep development and parental rest in a private household setting.

**Key Responsibilities:**

- Delivered overnight newborn care including soothing, swaddling, feeding, burping, diaper changes, and safe sleep practices.
- Supported developmentally appropriate sleep shaping while remaining responsive to infant cues.
- Maintained detailed overnight communication regarding feedings, sleep patterns, and observations.
- Ensured a calm, structured nighttime environment aligned with family preferences and newborn needs.

**Newborn Care Specialist (Daytime – Twins) | F. Family | McLean, VA | May 2025 – June 2025**

- **Contract Length:** ~6 weeks
- **Coverage:** Daytime
- **Infant Profile:** Twins
- **Client Profile:** High Net Worth Family

Provided daytime infant care for twins with a focus on routine development and nap training.

**Key Responsibilities:**

- Delivered structured daytime care for twin infants, balancing individual needs and synchronized routines.
- Implemented age-appropriate nap training strategies to support healthy sleep foundations.
- Supported feeding routines, soothing techniques, and developmental engagement.
- Communicated closely with parents regarding progress, schedules, and infant responses.

**Newborn Care Specialist (24/7 Care, Travel, Lactation & Sleep Support) | H. Family | Washington, DC  
November 2024 – April 2025**

- **Contract Length:** ~5 months
- **Coverage:** 24/7
- **Infant Profile:** Singleton
- **Client Profile:** High Net Worth Family

Provided comprehensive newborn care for an infant with **severe reflux**, supporting feeding management, sleep conditioning, and family travel.

**Key Responsibilities:**

- Delivered continuous 24-hour newborn care including soothing, swaddling, feeding, burping, diaper changes, bathing, and dressing.
- Supported management of **severe reflux**, assisting parents through multiple formula transitions and feeding adjustments.
- Provided lactation support and guidance tailored to infant tolerance and parental goals.
- Implemented sleep conditioning strategies while accommodating reflux-related needs.
- Traveled with the family, maintaining consistent routines and standards of care across locations.
- Maintained detailed logs and communicated clearly with parents regarding feeding, sleep, and symptom patterns.

**Newborn Care Specialist (Overnight – Twins) | Z. Family | McLean, VA | October 2024 – November 2024**

- **Contract Length:** ~4 weeks
- **Coverage:** Overnight
- **Infant Profile:** Twins

Provided overnight newborn care for twins, supporting sleep training and nighttime routine development.

**Key Responsibilities:**

- Delivered overnight care including feeding, soothing, swaddling, burping, diaper changes, and safe sleep practices for twins.
- Implemented developmentally appropriate sleep training strategies tailored to twin dynamics.
- Supported parents with guidance on overnight routines and sleep progression.
- Maintained overnight communication regarding feedings, wakings, and responses.

**Nanny / Newborn Care Specialist (24/7 Care & Travel) | K. Family | McLean, VA | Feb – Sept 2024**

- **Contract Length:** ~7 months
- **Coverage:** 24/7
- **Child Profile:** Singleton toddler
- **Client Profile:** High-Profile Family

Provided full-time care transitioning from infancy into toddlerhood, with extensive travel and medical-related care considerations.

**Key Responsibilities:**

- Delivered continuous 24/7 care for a toddler, supporting routines, developmental milestones, and emotional regulation.
- Managed care for a child with a **severe egg allergy**, including monitoring reactions that contributed to eczema, cradle cap, and extreme diaper rashes.
- Collaborated with parents to identify formula intolerance and supported safe dietary transitions.

- Traveled domestically and internationally with the family, maintaining routines and safety standards.
- Provided nanny-level care while maintaining newborn-care standards for hygiene, structure, and documentation.
- Exercised high discretion and adaptability in a high-profile household environment.

**Newborn Care Specialist (Lactation, Sleep & Travel Support) | G. Family | Charlottesville, VA  
Oct 23` – Feb 2024**

- **Contract Length:** ~4 months
- **Coverage:** 24/5
- **Infant Profile:** Singleton

Provided extended newborn care with a strong focus on lactation support, sleep development, and family travel.

**Key Responsibilities:**

- Delivered up to 24 hours of care across 5 days per week, supporting feeding, soothing, swaddling, diaper changes, bathing, and sleep routines.
- Provided lactation support and feeding guidance aligned with parental goals.
- Supported sleep conditioning and routine establishment.
- Traveled with the family, ensuring continuity of care across environments.
- Maintained consistent communication and detailed records to support parental confidence.

**Newborn Care Specialist (24/7 Care & Travel) | K. Family | McLean, VA | Mar – Oct 2023**

- **Contract Length:** ~7 months
- **Coverage:** 24/7 with domestic travel
- **Client Profile:** High Net Worth Family

Provided comprehensive newborn care and parental education for a singleton infant, supporting first-time parents through the transition home from the hospital and the early months of development.

**Key Responsibilities:**

- Delivered continuous 24-hour newborn care including soothing, swaddling, feeding, burping, diaper changes, bathing, dressing, and safe sleep practices.
- Supported parents with hands-on education in newborn care, feeding techniques, and daily routines.
- Provided breastfeeding support, offering practical guidance, feedback, and reassurance.
- Shared evidence-based research to help parents make informed decisions regarding sleep, feeding, and developmental milestones.
- Established and maintained a structured daily schedule aligned with the infant's developmental stage.
- Maintained detailed daily logs tracking feedings, sleep patterns, routines, and observations.
- Set up, organized, and fully stocked the nursery, ensuring functionality and hygiene.
- Managed breastmilk storage, bottle preparation, sterilization of feeding equipment, and baby laundry.
- Traveled with the family, maintaining consistency of care, routines, and standards across locations.

**Newborn Care Specialist (24/7 Care – Repeat Client) | C-M. Family | Alexandria, VA | Jan – Feb 2023**

- **Contract Length:** ~6 weeks
- **Coverage:** Up to 20 hours per day
- **Client Profile:** Repeat Family

Provided extended daily newborn care for a singleton infant, supporting a returning family with continuity of care and trusted expertise.

**Key Responsibilities:**

- Delivered up to 20 hours of newborn care daily, including soothing, swaddling, feeding (including breastfeeding support), burping, diaper changes, bathing, dressing, and safe sleep practices.
- Supported early routine development and parental confidence through consistent care.
- Engaged in age-appropriate interaction to promote comfort and early development.
- Maintained open communication with parents regarding routines, progress, and observations.

**Newborn Care Specialist (24/7 Care – Micro-Preemie Twins) | R. Family | Northern VA | Jun – Nov 2022**

- **Contract Length:** ~5 months
- **Coverage:** 24/7
- **Infant Profile:** Micro-preemie twins born at 26 weeks

Provided highly specialized, medically complex newborn care for micro-preemie twins transitioning from hospital to home.

**Key Responsibilities:**

- Began care in Maine, providing 24/7 hospital support for the first 5 days before transitioning home with the family.
- Delivered continuous 24-hour care for micro-preemie twins, including feeding, soothing, bathing, dressing, sleep conditioning, and age-appropriate developmental activities.
- Managed medical equipment including **oxygen tubing and pulse oximetry**, ensuring safe daily use and monitoring.
- Assisted the mother with frequent medical appointments, nurse visits, and coordination of in-home care services.
- Supported and reinforced **physical and occupational therapy exercises** as part of in-home developmental therapy.
- Provided education and guidance to parents and grandparents regarding care techniques and medical routines.
- Established a structured routine balancing feeding, sleep, therapy, and play.
- Organized and maintained the nursery, including bottle preparation, sterilization, and baby laundry.
- Supported long-term developmental progress for infants with complex medical histories.

**Newborn Care Specialist (Overnight) | H. Family | Northern Virginia | May 2022 – June 2022**

- **Contract Length:** 3.5 weeks
- **Coverage:** Overnight

Provided overnight newborn care for a singleton infant, supporting first-time parents during the early postpartum period.

**Key Responsibilities:**

- Delivered overnight newborn care including soothing, swaddling, feeding, burping, diaper changes, bathing, dressing, and safe sleep practices.
- Supported parents as they transitioned home from the hospital by teaching proper newborn care methods.
- Promoted healthy sleep foundations while remaining responsive to infant cues.
- Maintained clear overnight communication regarding routines, feedings, and infant behavior.

**Newborn Care Specialist (Overnight – Replacement Coverage) | K. Y. Family | Miami, FL | April 2022**

- **Contract Length:** 1 week
- **Coverage:** Overnight

Provided short-term overnight newborn care as replacement coverage for a singleton infant.

**Key Responsibilities:**

- Delivered overnight newborn care including soothing, swaddling, feeding (including breastfeeding support), burping, diaper changes, bathing, dressing, and safe sleep practices.

- Supported nighttime settling and comfort to promote parental rest.
- Maintained clear communication with parents regarding overnight routines and observations.

#### **Newborn Care Specialist (24/7 Backup Care – Twins) | N-H Family | Maryland | March 2022**

- **Contract Length:** 14 days
- **Coverage:** 24/7 (daytime and overnight)

Provided full-coverage backup newborn care for twin infants, ensuring continuity of care during a high-demand period.

##### **Key Responsibilities:**

- Delivered continuous 24-hour newborn care for twins, including feeding, soothing, swaddling, burping, diaper changes, bathing, dressing, and safe sleep practices.
- Managed the increased demands of twin care with calm, structured routines.
- Engaged in age-appropriate interaction to support early development and comfort.
- Maintained clear communication with parents to ensure consistency and confidence.

#### **Newborn Care Specialist (24/7 Backup Care) | M. Family | Charlottesville, VA | February 2022**

- **Contract Length:** 10 days
- **Coverage:** 24/7 (daytime and overnight)

Provided short-term, full-coverage newborn care as backup support for a singleton infant requiring attentive monitoring.

##### **Key Responsibilities:**

- Delivered 24-hour newborn care including soothing, swaddling, feeding (including breastfeeding support), burping, diaper changes, bathing, dressing, and safe sleep practices.
- Provided attentive monitoring and reassurance for the family during a transitional care period.
- Maintained consistent routines and clear communication with parents.

#### **Newborn Care Specialist (24/7 Care) | B. Family | Queenstown, MD | October 2021 – February 2022**

- **Contract Length:** 12 weeks
- **Coverage:** 24/7 (daytime and overnight)

Provided extended, full-coverage newborn care for a singleton infant, supporting the family through the early postpartum months.

##### **Key Responsibilities:**

- Delivered continuous newborn care including soothing, swaddling, feeding (including breastfeeding support), burping, diaper changes, bathing, dressing, and safe sleep practices.
- Supported early routine development while remaining responsive to infant cues.
- Engaged in gentle, age-appropriate interaction to support comfort and early development.
- Maintained clear communication with parents regarding routines, observations, and progress.

#### **Newborn Care Specialist (24/7 Care) | J. W. Family | Arlington, VA | July 2021 – October 2021**

- **Contract Length:** 12 weeks
- **Coverage:** 24/7 (daytime and overnight)

Provided continuous newborn care for a singleton infant, supporting the family through the early postpartum period with structured, attentive care.

**Key Responsibilities:**

- Delivered 24-hour newborn care including soothing, swaddling, feeding (including breastfeeding support), burping, diaper changes, bathing, dressing, and safe sleep practices.
- Supported early routine establishment while remaining responsive to infant cues and developmental needs.
- Engaged in gentle, age-appropriate interaction to promote comfort and early development.
- Maintained consistent communication with parents regarding routines, observations, and progress.

**Newborn Care Specialist (Extended Day Coverage) | C-M. Family | Alexandria, VA | June 2021 – July 2021**

- **Contract Length:** 8 weeks
- **Coverage:** 15–18 hours per day

Provided extended daily newborn care for a singleton infant, offering comprehensive support during waking hours.

**Key Responsibilities:**

- Delivered 15–18 hours of newborn care daily, including soothing, swaddling, feeding (including breastfeeding support), burping, diaper changes, bathing, dressing, and safe sleep practices.
- Supported parents with newborn education and routine guidance.
- Engaged in age-appropriate interaction to support early development and comfort.
- Traveled with the family out of town, maintaining consistency of care and routines during travel.

**Newborn Care Specialist (24/7 Care) | F. Family | Richmond, VA | February 2021 – March 2021**

- **Contract Length:** 4 weeks
- **Coverage:** 24/7 (daytime and overnight)

Provided short-term, full-coverage newborn care for a singleton infant during the immediate postpartum period.

**Key Responsibilities:**

- Delivered continuous 24-hour newborn care including soothing, swaddling, feeding (including breastfeeding support), burping, diaper changes, bathing, dressing, and safe sleep practices.
- Supported early routine establishment and parental confidence.
- Engaged in gentle, age-appropriate interaction to promote comfort and early development.

**Newborn Care Specialist (24/7 Care) | P. Family | Philadelphia, PA | January 2021 – February 2021**

- **Contract Length:** 2 weeks
- **Coverage:** 24/7 (daytime and overnight)

Provided short-term, full-coverage newborn care for a singleton infant, supporting the family through the immediate postpartum period.

**Key Responsibilities:**

- Delivered continuous 24-hour newborn care including soothing, swaddling, feeding (including breastfeeding support), burping, diaper changes, bathing, dressing, and safe sleep practices.
- Supported early routine establishment while remaining responsive to infant cues.
- Engaged in gentle, age-appropriate interaction to support comfort and early development.
- Educated parents on newborn care fundamentals, feeding rhythms, and safe sleep guidelines.
- Maintained clear communication with parents regarding care routines and observations.

### **Newborn Care Specialist (Overnight) | S. Family | Northern Virginia | January 2021**

- **Contract Length:** 2 weeks
- **Coverage:** Overnight

Provided overnight newborn care for a singleton infant, supporting nighttime routines and parental rest.

#### **Key Responsibilities:**

- Delivered overnight newborn care including soothing, swaddling, feeding (including breastfeeding support), burping, diaper changes, bathing, dressing, and safe sleep practices.
- Supported nighttime settling and comfort to promote longer sleep stretches where developmentally appropriate.
- Engaged in gentle, age-appropriate interaction during overnight care periods.
- Maintained clear overnight communication regarding feedings, sleep patterns, and infant behavior.

### **Newborn Care Specialist (24/7 Care with Travel) | L. Family | St. Louis, MO / New York, NY | Nov 2020 – Dec 2020**

- **Contract Length:** 6 weeks
- **Coverage:** 24/7 with domestic travel

Provided continuous newborn care while traveling with the family, maintaining consistency of care across multiple locations.

#### **Key Responsibilities:**

- Delivered 24-hour newborn care including soothing, swaddling, feeding, burping, diaper changes, bathing, dressing, and safe sleep practices.
- Maintained infant routines and schedules during domestic travel and transitions between environments.
- Supported the establishment of healthy, developmentally appropriate sleep routines.
- Engaged in age-appropriate interaction to support comfort and early development.
- Educated parents on newborn care best practices and routine continuity during travel.

### **Newborn Care Specialist (Overnight) | O'R. Family | Northern Virginia | September 2020 – October 2020**

- **Contract Length:** 4 weeks
- **Coverage:** Overnight

Provided overnight newborn care for a singleton infant, supporting the family through the early postpartum period with calm, structured, and developmentally appropriate care.

#### **Key Responsibilities:**

- Delivered overnight newborn care including soothing, swaddling, feeding, burping, diaper changes, dressing, and safe sleep practices.
- Assisted with nighttime hygiene routines, including bathing and preparation for sleep.
- Supported the establishment of **healthy, developmentally appropriate sleep routines** while remaining responsive to infant cues.
- Engaged in gentle, age-appropriate interaction to support early development and comfort.
- Educated parents on newborn care fundamentals, feeding rhythms, and safe sleep guidelines.
- Maintained clear overnight communication regarding feedings, sleep patterns, and infant behavior to ensure continuity of care.

### **Newborn Care Specialist (24/7 Fill-In Care) | H. Family | Maryland | August 2020 – September 2020**

- **Contract Length:** 2 weeks
- **Coverage:** 24/7 (daytime and overnight)

Provided short-term, full-coverage newborn care as a fill-in Newborn Care Specialist for a singleton infant requiring medical monitoring.

**Key Responsibilities:**

- Delivered continuous 24-hour newborn care including feeding support, soothing, swaddling, bathing, diaper changes, burping, dressing, and safe sleep practices.
- Maintained consistent routines and provided attentive supervision during both daytime and overnight hours.
- Assisted with the use and monitoring of a **medically required apnea monitor**, ensuring proper function and responding appropriately to alerts.
- Supported age-appropriate interaction and gentle engagement to promote comfort and early development.
- Maintained clear communication with parents regarding observations, overnight patterns, and equipment monitoring.
- Ensured a calm, organized, and safe environment while supporting parental confidence during a high-need coverage period.

**Newborn Care Specialist (24/7 Fill-In Care) | H. Family | Maryland | August 2020 – September 2020**

- **Contract Length:** 2 weeks
- **Coverage:** 24/7 (daytime and overnight)

Provided short-term, full-coverage newborn care as a fill-in Newborn Care Specialist for a singleton infant requiring medical monitoring.

**Key Responsibilities:**

- Delivered continuous 24-hour newborn care including feeding support, soothing, swaddling, bathing, diaper changes, burping, dressing, and safe sleep practices.
- Maintained consistent routines and provided attentive supervision during both daytime and overnight hours.
- Assisted with the use and monitoring of a **medically required apnea monitor**, ensuring proper function and responding appropriately to alerts.
- Supported age-appropriate interaction and gentle engagement to promote comfort and early development.
- Maintained clear communication with parents regarding observations, overnight patterns, and equipment monitoring.
- Ensured a calm, organized, and safe environment while supporting parental confidence during a high-need coverage period.

**Newborn Care Specialist (Overnight) | G. Family | Northern Virginia | January 2020 – March 2020**

- **Contract Length:** 12 weeks
- **Coverage:** Overnight

Provided consistent overnight newborn care for a singleton infant, supporting the family through the early postpartum period with structured, developmentally appropriate care.

**Key Responsibilities:**

- Delivered overnight newborn care including soothing, swaddling, feeding (including breastfeeding support), burping, diaper changes, dressing, and safe sleep practices.
- Assisted with nighttime hygiene routines, including bathing and preparation for sleep.
- Supported the establishment of **healthy, developmentally appropriate sleep routines** while remaining responsive to infant cues.
- Provided age-appropriate interaction and gentle engagement to support early development.
- Educated parents on newborn care fundamentals, feeding rhythms, and safe sleep guidelines.
- Maintained clear overnight communication regarding feedings, sleep patterns, and infant behavior to support continuity of care.

### **Newborn Care Specialist (Overnight) | W. Family | Northern Virginia | December 2019 – January 2020**

- **Contract Length:** 4 weeks  
**Coverage:** Overnight

Provided overnight newborn care for a singleton infant, supporting the family through the early postpartum period with structured, developmentally appropriate care.

#### **Key Responsibilities:**

- Delivered overnight newborn care including feeding support, burping, soothing, swaddling, diaper changes, and safe sleep practices.
- Supported nighttime settling and comfort to promote parental rest and infant adjustment.
- Assisted with newborn hygiene routines, including bathing and nighttime care preparation.
- Educated the mother on newborn care fundamentals, safe sleep guidelines, and early routine development.
- Helped establish healthy, age-appropriate sleep foundations while remaining responsive to infant cues.
- Maintained clear overnight communication regarding feedings, sleep patterns, and observations.

### **Newborn Care Specialist (Overnight) | M-D Family | Vienna, VA | February- March 2019**

Provided overnight newborn care for a singleton infant in a private household, supporting early feeding and sleep routines.

- **Contract Length:** 6 weeks
- **Coverage:** Overnight

#### **Key Responsibilities:**

- Delivered overnight care including feedings, soothing, diapering, and safe sleep support.
- Assisted parents with early newborn routines and nighttime transitions.
- Maintained a calm, structured overnight environment to support infant adjustment and parental rest.

### **Newborn Care Specialist (Weekend / Day & Night) | R. Family | Northern VA | Nov 2018 – February 2019**

Provided weekend newborn care coverage, including overnight support.

**Contract Length:** 4 months

#### **Key Responsibilities:**

- Delivered daytime and overnight newborn care.
- Supported sleep routine establishment and feeding schedules.
- Educated parents on infant care and developmental needs.

### **Newborn Nanny (Daytime) | F. Family | Northern VA | May 2018 – January 2019**

Provided full-time daytime newborn care, supporting sleep transitions and routine development.

**Contract Length:** 9 months

#### **Key Responsibilities:**

- Supported feeding, nap routines, and developmental milestones.
- Assisted with crib transition and sleep shaping.
- Educated parents on newborn care and daily routines.

### **Newborn Nanny (Preterm Infant) | T-J. Family | Northern VA | January 2018 – April 2018**

Provided daytime care for a premature newborn requiring respiratory treatments.

**Contract Length:** 4 months

**Key Responsibilities:**

- Delivered specialized care for a preterm infant, including feeding, soothing, and sleep support.
- Assisted with **nebulizer treatments and medication administration** as prescribed.
- Accompanied mother to pediatric appointments and reinforced medical guidance at home.
- Educated parents on infant care and safe routines for a medically fragile newborn.

**Full-Time Nanny (Newborn Care) | P. Family | Fairfax, VA | November 2016 – August 2017**

Provided full-time daytime and overnight newborn care in a private household, supporting early routine development and parent education.

**Key Responsibilities:**

- Delivered comprehensive newborn care including feeding, soothing, bathing, diapering, and sleep support.
- Educated parents on infant care fundamentals and safe sleep practices.
- Established developmentally appropriate sleep routines and supported overnight transitions.
- Accompanied infant on outings and supported early stimulation activities.

## OTHER PROFESSIONAL EXPERIENCE

**Founder & Lead Newborn Care Specialist | Erica Jean's Newborn Care LLC | Global | Nov 2022 – Present**

Owner and operator of a private newborn care practice providing expert, evidence-based support to families during the early postpartum period.

**Key Responsibilities:**

- Delivered comprehensive newborn care and parental guidance during the first weeks and months of life.
- Provided newborn education covering development, sleep rhythms, feeding schedules, and foundational infant care techniques.
- Supported breastfeeding and bottle-feeding families, including latch assistance, troubleshooting feeding challenges, formula preparation, and routine establishment.
- Guided families in developing healthy sleep habits through environmental setup, bedtime routines, and navigation of sleep regressions.
- Taught soothing and regulation techniques such as swaddling, gentle movement, white noise, and skin-to-skin care.
- Educated parents on diapering, umbilical cord care, hygiene, and bathing best practices.
- Offered emotional and practical postpartum support, helping families manage physical recovery and emotional adjustment.
- Assisted parents in recognizing common newborn health concerns, including jaundice, colic, and reflux, and emphasized pediatric follow-up and milestone tracking.
- Provided specialized care and education for families welcoming multiples.

**Founder & Maternity Concierge / Postpartum Doula | Water Lily Doula Services LLC | Global  
May 2015 – Present**

Self-employed owner and maternity concierge supporting families through pregnancy, birth, and postpartum transitions.

**Key Responsibilities:**

- Delivered personalized maternity concierge, newborn care, and sibling support for families requiring daytime, overnight, weekend, and 24-hour coverage.
- Supported over 20 families with tailored care plans designed to ease the transition into parenthood.
- Specialized in care for multiples, preemies, and infants requiring assistive medical devices.
- Provided physical, emotional, and informational support throughout pregnancy, childbirth, and postpartum recovery.
- Delivered one-on-one instruction in newborn care fundamentals including feeding, sleep routines, diapering, breastfeeding support, gas/colic relief, swaddling, and soothing.
- Maintained strict adherence to family preferences, cultural practices, and confidentiality standards.

- Accurately documented daily care activities, observations, and infant progress.
- Built strong, long-term relationships resulting in high client satisfaction and trust.

**Birth & Postpartum Doula (Agency Contract) | Global Nova Birth Services | Virginia | Sept 2019 – Present**  
*(Agency Contract: November 2019 – June 2020)*

Provided agency-based birth and postpartum doula services in alignment with family-centered care models.

**Key Responsibilities:**

- Implemented individualized birth and postpartum support plans tailored to each client's goals.
- Supported families in achieving positive birth and postpartum outcomes through education and hands-on assistance.
- Integrated agency methodologies to enhance client experience while maintaining flexibility for family needs.
- Fostered strong relationships with families and local community partners to ensure continuity of care.

**Newborn Care Specialist (Agency Contract) | Hush Hush Little Baby LLC | Global | Sept 2018 – Present**

Provided newborn care services through agency placements for families transitioning into parenthood.

**Key Responsibilities:**

- Delivered newborn care including feeding support, sleep routines, diapering, soothing, and developmental engagement.
- Assisted with light housekeeping and meal preparation to support family well-being.
- Implemented age-appropriate activities to support early mental and physical development.
- Maintained detailed daily documentation of infant routines, naps, feedings, and observations.
- Provided hands-on education and demonstrations to parents on newborn care techniques and sleep shaping.