

Programme: Cert HE Business Skills for the Workplace

Module: Employability and Career Development

Module code: LCLM4005

Submitted by: Maria Da Silva

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Curriculum Vitae

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Maria Da Silva

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Professional Maternity Nanny/Night Nanny/ Childcare Specialist

PROFILE

Professional, compassionate, and highly dependable Maternity and Night Nanny with over 20 years of childcare experience supporting families with newborns, infants, toddlers, and school-aged children. Skilled in creating a calm, safe, and nurturing environment while supporting children's emotional, physical, and social development.

Extensive experience in newborn care, overnight support, feeding routines, soothing technique, and helping parents establish healthy sleep patterns and structured routines. Recognised for maintaining a calm and nurturing approach, excellent communication skills, professionalism, discretion, and the ability to adapt to the individual needs of each family. As a mother of three and a grandmother of one, I bring warmth, practical experience, and a genuine passion for childcare

KEY SKILLS

- Newborn and infant care
- Postnatal and Maternity support
- Overnight newborn care
- Feeding support (breastfeeding and bottle feeding)
- Bottle preparation and sterilisation
- Nappy changing and bathing
- Night Nanny and overnight support
- Excellent communication skills
- Time management and multitasking
- Reliable, patient, and trustworthy
- Maternity nurse support
- Sleep routine assistance
- Childcare and child development
- Meal preparation for children
- Bath and bedtime routines
- Behaviour management

WORK EXPERIENCE

Night Nanny- Juan and Joy Family

June 2023 – Present

- Providing professional overnight care for newborn babies.
- Supporting parents with feeding routines, settling, and sleep guidance.
- Assisting parents with newborn care and establishing healthy sleeping patterns
- Ensuring a calm, safe, and hygienic environment throughout the night
- Monitoring baby's well-being, and comfort.
- Assisting with nappy changing, bathing, sterilising bottles, and nursery organisation

Night Nanny- Omar and Nabila Family

March 2023 – Present

- Delivery overnight newborn care and maternity support to parents.
- Managed night feeds, winding, changing, comforting, and settling routines.
- Help establish consistent sleep schedules and routines.
- Maintained high standards of cleanliness and baby care.
- Supported parents with newborn care techniques and sleep routines.

Part-time Nanny Summer Holidays- Hannah and Ali Family

July to August 2022 & 2023

- Cared for children during school holidays.
- Planned engaging and age-appropriate activities.
- Prepared meals and supervised daily routines.
- Ensured children's safety and well-being.
- Managed bath time and bedtime routines.
- Supported household organisation and light cleaning duties.
- Supported emotional well-being and positive behaviour management.

Private Families- London & Hertfordshire

2010 - 2019

- Provided childcare support for multiple private families on a full-time, part-time, and babysitting basis.
- Cared for newborns, toddlers, and school-aged children.
- Assisted families with bedtime routines, overnight care, school runs, meal preparation, and daily routines.
- Built trusted long-term relationships with families through reliability and professionalism.
- Supported children's emotional, educational, and social development through structured activities and attentive care.

EDUCATION

University of Wales	Oct 2025- Present
Maternity Nurse Course	March 2021- Apr 2021
First Aid & CPR Certificated	July 2025
Enhanced DBS Check	July 2025
Certificates- Reflux, Colic, and food Sensitivity	June 2026
English - Fluent	
Portuguese - Fluent	

INTERESTS & HOBBIES

- Supporting families with newborn and infant care.
- Cooking healthy family meals
- Walking and Outdoors activities
- Learning new childcare techniques and routines

- Spending time reading
- Spending time with family and grandchildren

REFERENCES

Excellent references available on request

Cover letter

Maria Da Silva

Borehamwood, WD6 4EL | 075767561956 | silva_rosa1976@hotmail.com

16 July 2026

Dear Eden Private Staff Team,

I am applying for the position of Nightly Maternity Nurse (see reference below) as requested. I have 20 years' experience in childcare and specialise in night care for newborn babies and maternity care and would be happy to assist this family in the early weeks with their first baby.

I know this family wants to breastfeed and are seeking a feeding knowledgeable nurse who is able to be flexible if it becomes necessary to combine feeding. Support for feeding has always been a part of my work, whether it is breastfeeding, bottle feeding, or a combination of both; I always support the family's choices and provide them with evidence-based information and practical tips. I am also comfortable with the preparation, sterilisation and night feeding of bottles, and can adjust to changes in the family's approach as time goes on.

I have worked as a night nanny for the Juan and Joy family since June 2023 and the Omar and Nabila family since March 2023, and have been able to offer overnight newborn care, assistance with settling and sleep advice, and helping to build calm and consistent routines. I am very proud of being able to make a safe, hygienic and reassuring environment overnight and help new parents to get more confident in themselves and not take over. My job is to be a partner with parents, to share my experience and knowledge and to give them room to discover their own rhythm as a family.

I am a qualified Maternity Nurse, have an Enhanced DBS check and First Aid & CPR certificate, both of which are up to date, and I have recently attended additional training on reflux, colic and food sensitivity. I am currently furthering my studies at the University of Wales. I am warm, calm, highly organised and discreet and I know how important trust and communication is when supporting a family during this precious and vulnerable time.

I would be happy to talk about what I could do to support this family, and I am willing to give you my full CV and great references if you request them. Many thanks for your interest in my application.

Yours sincerely,
Maria Da Silva

Job Description

Maternity Nurse

A lovely Nightly Maternity Nurse role supporting first-time parents with breastfeeding, routines and healthy sleep foundations following the arrival of their newborn.

Job Summary

This is a wonderful opportunity for an experienced Nightly Maternity Nurse to support first-time parents following the planned arrival of their baby. The family are looking for a warm, organised and knowledgeable professional who can provide reassurance, expert guidance and practical support during the early weeks. Mum is hoping to breastfeed and would value a maternity nurse with strong feeding knowledge who can support her breastfeeding journey whilst remaining flexible should combination feeding become the best option. The family are keen to establish healthy feeding and sleep habits and are looking for someone who can help them build a calm, structured routine with confidence.

This role would suit an experienced maternity nurse who enjoys working collaboratively with new parents, offering evidence-based guidance whilst allowing the family to develop their own confidence and parenting style.

Job Specification

- Providing overnight care for a newborn baby
- Supporting breastfeeding and combination feeding if required
- Helping establish healthy feeding and sleep foundations
- Offering practical guidance and reassurance to first-time parents
- Managing all nursery duties related to the baby overnight

Candidate Specification

- Experienced Nightly Maternity Nurse with excellent newborn knowledge
- Strong breastfeeding support experience
- Organised, calm and nurturing
- Confident establishing healthy routines and sleep habits
- Warm, discreet and an excellent communicator

Accommodation: Guest bedroom with a separate bathroom provided. Street parking available outside restricted hours.

This role is being recruited by Eden Private Staff — specialists in private household recruitment for over 25 years.

Applying for this position: Please email your interest in this position to ma@edenprivatestaff.com. Please ensure you include the reference number for the position you are applying for (found at the top of the advert). For candidates that are not currently registered with Eden Private Staff, please include an up-to-date CV when applying. Applicants for this position should have excellent checkable references, a recognised Childcare Qualification, valid DBS [CRB] and a current Paediatric First Aid Certificate. Please note we only

register candidates with a minimum 3 years' experience in a similar role. Candidates to be paid weekly or at the end of the booking. If applying for a UK based role, please ensure you have the correct right to work documentation as we are unable to support with visa applications or sponsorships.

Source Agency

Eden Private Staff Ltd

Job reference MAT-56809

Region London

Area Greater London

Location London, N5

Start date 27/12/2026

Salary £20–£28 per hour gross

Hours 2 nights per week, 7:00pm–7:00am (flexible); 6 - 8 weeks

Qualifications required Recognised Childcare Qualification

DBS checked Required

Required language Not specified

Experience required Minimum of 3 years professional Maternity Nurse experience, with checkable references.

Driving license required No

Employment type Part time

Duration Temporary

Live in / out Live out