

# **The Role of a Nanny and Parents in Child Development**

A Conscious Parenting Approach

The Practical Parent

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## The role of a nanny and parents in child development

### A conscious approach

The role of a nanny and parents in a child's life, following the conscious parenting approach, involves a collaborative effort to provide a nurturing, consistent, and supportive environment. Together, they strive to understand the unique needs, strengths, and challenges of the child. Both parents and nannies are attuned to the child's emotional and developmental stages, ensuring they provide the necessary support and guidance.

**Emotional support** is at the core of this approach.

- ★ Parents, as the primary caregivers, model emotional regulation and provide a secure base for the child to explore the world. They validate their child's feelings and help them understand and express emotions in a healthy way.
- ★ Nannies supplement this by offering a stable, nurturing presence when parents are not available, ensuring the child feels secure and valued at all times.

**Setting firm boundaries** is essential.

- ★ Parents establish the primary rules and expectations within the household, using conscious parenting principles to ensure these boundaries are clear yet flexible to accommodate the child's developmental needs.
- ★ Nannies reinforce these boundaries by adhering to the established rules and routines, ensuring consistency in caregiving practices.

**Encouraging independence and problem-solving skills** is another critical aspect.

- ★ Parents foster independence by allowing their child to try new things and solve problems on their own, providing guidance and support when needed.
- ★ Nannies support this by offering opportunities for the child to make choices and solve problems during daily activities, celebrating their efforts and achievements.

**Effective communication** is at the heart of conscious parenting.

- ★ Parents practise active listening, empathy, and open dialogue, fostering a relationship based on trust and mutual respect.
- ★ Nannies mirror this approach by communicating with the child respectfully and keeping parents informed about the child's day, challenges, and milestones, ensuring seamless communication between all caregivers.

**Modeling appropriate behavior** is crucial for both parents and nannies.

- ★ Parents lead by example, demonstrating how to handle various situations, manage emotions, and interact with others with empathy, kindness, and respect.
- ★ Nannies complement this by exhibiting the same positive behaviours, reinforcing the values taught by the parents.

**Supporting developmental milestones** involves both parents and nannies

- ★ Engaging the child in developmentally appropriate activities and monitoring their progress. They work together to ensure continuous development by celebrating achievements and addressing any concerns promptly.

**Creating a safe and loving environment** is a shared responsibility.

- ★ Parents and nannies work together to maintain a home environment that is safe, loving, and conducive to learning and growth. They prioritise the child's well-being and happiness, ensuring they feel loved and secure.

**Encouraging the healthy expression of emotions** is essential.

- ★ Parents teach their children how to express their emotions constructively, providing tools and strategies for understanding and managing feelings.
- ★ Nannies reinforce these teachings by recognizing and validating the child's emotions and helping them practise appropriate expression.

**Building a collaborative relationship with the child** involves both parents and nannies.

- ★ Respecting the child's views and involving them in decision-making processes appropriate to their age. This collaboration fosters a sense of autonomy and participation, strengthening the child's confidence and sense of belonging.

# About the Author

Silvia is the creator of The Practical Parent, a platform dedicated to helping parents better understand their children's behaviour through connection, emotional awareness, and practical strategies.

With a background in childcare and a strong interest in conscious parenting, Silvia focuses on making child development and parenting approaches accessible and practical for everyday family life.

As a mother of neurodivergent children herself, she combines professional knowledge with lived experience to support parents navigating real-life parenting challenges.

Explore more resources at:  
[www.thepracticalparent.co.uk](http://www.thepracticalparent.co.uk)