

August 22, 2006

Hello family,

My name is Sheila and I am a 27 year old professional nanny. First and foremost, you should know that I love my job. I take caring for children and helping parents very seriously. I consider it a gift and an honor to be welcomed into a home in order to give love and care to children.

I have been in the childcare field since I moved to Seattle 8 years ago. For the past 6 years I have been a full-time nanny, and for 2 years before that I worked in part-time/evening care. During that period I was also a lead pre-K teacher at a great school in Wallingford. I really enjoyed teaching but while I was there I discovered that working more closely with just one family was a better fit for me. I then decided to try out being a nanny full-time. I am so glad that I did because it turns out that it is what I love the most and something at which I am very good.

Over my career, I have had experience with all age groups and have worked with many types of children and families, including those with special needs. I also have a great deal of education and experience working with children under 6 and have taken many classes concerning behavioral management and modification. I have also learned a lot about anti-biased curriculum and family communication. I am loving and respectful, as well as honest, open, and willing when it comes to child rearing. Your comfort as a parent and your child's well-being are my main goal.

I really enjoy what I do and it is what I would like to continue doing for the foreseeable future. I continue to take classes and educate myself in all areas concerning early childhood education. It is also important to me that I continue to work with great families who place the care of their children at the top of their priority list, and are receptive to ideas and willing to communicate openly.

I want to thank you so much for taking the time to learn a little bit about me.

Sincerely,

Sheila Prevost

Sheila Prevost
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Objective: It is important to me that I find a position in which I am able to provide needed support to parents and loving, nurturing, respectful care to children.

Education:

- + North Seattle/Shoreline Community College (2001-2003)
[Assistant teaching certification, 40+ ECE credits]
- + Art Institute of Seattle (1999-2001)
- + Hearststone Nursing School (1998-1999)
[CNA, medical aid training and certification]
- + Eagle Point High School (1993-1997)

Employment History:

- 12/03-8/06 Nanny/Household management, Nick & Nichol Haffie (206-730-2962)
Provided in/out of home care 45+ hours per week for 4 boys. Duties included daily care, activity planning, meal preparation, shopping, and appointment/household scheduling.
- 12/00-12/03 Nanny, Ken & Monica Beres (206-524-4903)
Provided in-home care for two children (17 months and 3.5 years). Responsible for daily activity planning, home organization, meal preparation for children, and light household errands/cleaning.
- 7/00-2/03 Nanny, part-time for 3 families through Wallingford preschool.
I provided part-time after-school/evening care on a regularly scheduled basis.
- 7/00-12/01 Lead Teacher/Staff Representative (206-632-3200)
Responsibilities included project planning and set-up, program development, daily hygienic care of children, record keeping/documentation, and communication with parents. As the staff representative to the WCCC Board of Directors I acted as a liaison between staff and management. I also sat on labor management committees and was elected to be our school's bargaining agent for all union contracts.

Volunteer Experience:

Over the past 6 years I have spent time volunteering for several child-focused groups. In the last two years I have been a children's advocate for Broadview Shelter & Transitional Housing, working to provide on-site childcare and tutoring for children ranging in age from newborns to 15 years old. I prepare and implement age-appropriate activities for groups of 3-9 kids, and also talk to parents about strategies that work for me when it comes to discipline and positive-reinforcement childcare.

+ References available upon request +

NAME OF APPLICANT Sheila Prevost

DATE SEPT, 11, 03

THE FOLLOWING QUESTIONS ARE AN IMPORTANT PART OF THIS APPLICATION. PLEASE READ ALL QUESTIONS CAREFULLY AND RESPOND WITH A SHORT PARAGRAPH IN THE SPACE GIVEN. FEEL FREE TO RETYPE THESE ON A SEPARATE SHEET, BUT PLEASE INCLUDE THE QUESTIONS ALONG WITH YOUR ANSWERS. YOUR RESPONSES TO THESE QUESTIONS WILL BE SHARED WITH PROSPECTIVE EMPLOYERS.

1. WHY DO YOU WANT TO WORK AS A NANNY? I Love giving to children. they make my life better. I feel that it is so important to provide respectful, nurturing, loving care to children & I know that its what I am really meant to do.

2. WHAT PREVIOUS EXPERIENCES HAVE YOU HAD THAT QUALIFY YOU TO BE A NANNY?

I nannying full time now & have had many part time Nanny jobs over the last few years. I continue to educate myself in all areas of childhood education. It is also my long term to help create & provide a safer world for all children.

I was also a lead teacher in an early preschool room for almost two years.

3. WHAT SPECIAL SKILLS OR INTERESTS WOULD YOU SHARE WITH CHILDREN IN YOUR CARE?

I have a love of life & this beautiful world we live in. I love people & the ability we all have to be amazing. I think its important to share & expose children to all cultures & ages of people.

I love to work with children. I feel that we should expose all types of art & especially music. I love to share these things with kids.

4. WHAT HAVE YOUR EXPERIENCES TAUGHT YOU ABOUT YOUNG CHILDREN?

that they are 100% human & should be treated with the same respect as anyone else. That it is important to be honest with them about things & that they are more capable than of understanding things than they get credit.

5. WHAT IS YOUR PHILOSOPHY OF DISCIPLINE? HOW DO YOU HANDLE A CHILD'S TANTRUM OR MISBEHAVIOR?

I am a firm believer of positive reinforcement. offering a child space & time to finishish being upset & then talking/listening to what they have to say.

It is important to give children the tools & words needed so that they can become capable of combating themselves & feel safe communicating with all other people.

6. DESCRIBE A DIFFICULT SITUATION THAT YOU HAVE HAD WITH A CHILD AND HOW YOU HANDLED IT.

I once worked with a child who had severe reaction to sensory stimulation i.e. lights, loud noises & large group situations. Six months I kept an unbiased journal of events & his reactions. I talked to his Parents & other teachers daily about his reactions. I also met with his Doctor & worked closely with all involved to help him as much as we could. I provide lots of space when needed. also giving the child less stimuli when he began to get agitated.

7. DESCRIBE A TIME WHEN YOU POSITIVELY IMPACTED THE LIFE OF A CHILD.

I am positively impacted every day by children. I work in a field where I am lucky enough to wake up every morning & get to work as fast as I can. Because of Simone & Jonah my job is one of my favorite things to do.

8. DO YOU CONSIDER YOURSELF A SOCIALLY LIBERAL, MODERATE OR CONSERVATIVE PERSON?

I am fairly liberal in a lot of my beliefs.

9. HOW WOULD YOU DESCRIBE THE WAY YOU LIKE TO KEEP YOUR SURROUNDINGS, IE. HOME, WORK ENVIRONMENT, AND CAR? I am not into a ~~clean~~ environment. I

don't find anything human in being so organized.

I keep my home & car filled with things that make me happy & remind me of people I love.

10. PLEASE GIVE A SHORT DESCRIPTION OF YOUR FAMILY? HOW WOULD YOU DESCRIBE YOUR EXPERIENCES GROWING UP?

I grew up with a lot of love. My mom raised me alone until I was 4 when she remarried. My grandparents & uncles were always around.

I am also lucky because I have a group of friends who are as much like family as my own.

11. HOW DO YOU LIKE TO SPEND YOUR FREE TIME?

I like to spend my free time walking, reading, going out to movies being with my friends & family.

12. HOW WOULD YOU DESCRIBE YOUR PERSONALITY?

I am open, honest & loving. I'm passionate & can be unrealistic at times. I'm a complete romantic about most everything & like to think that we live in a pretty amazing place & time.

13. WHAT ARE YOUR PERSONAL STRENGTHS? WEAKNESSES?

Strengths: I'm strong & able to bounce back/move on from tough times. I'm honest. Joyful. nurturing. hopeful & willing.

Weakness: Daydreamer - unrealistic. Sad because of a lot of issues we have in this day & age.

14. WHAT VALUES ARE MOST IMPORTANT TO YOU?

Values most important to me are honesty, trust, commitment, family, my own personal health, Being Respectful of all life.

15. WHAT KIND OF FUTURE DO YOU ENVISION FOR YOURSELF?

I envision a future full of love & experience.
I enjoy a challenge & adventure. I'd like to travel & hope to visit Africa in the next few years. Education will also be a continuous source of experience for me.

16. DO YOU ENJOY TRAVELING? DESCRIBE ANY TRAVEL EXPERIENCES THAT YOU HAVE HAD.

I do love to travel. I love the United States & once drove to NY city in 42 hours (no stops.) The middle states where everything is so simple & real are amazing. I have been to Europe & would love to travel out of the U.S. Again.

17. DO YOU HAVE RELIGIOUS OBLIGATIONS WHICH WOULD IMPACT YOUR JOB PERFORMANCE?

No. I am spiritual & respect that all that happens in our lives does so for a reason.

18. DO YOU HAVE ANY HEALTH PROBLEMS THAT MIGHT AFFECT YOUR ABILITY TO BE AN EFFECTIVE NANNY? NO.

19. WHAT DO YOU THINK MAKES A HEALTHY HOME ENVIRONMENT FOR CHILDREN?

Love, Respect, Discipline, understanding. Reading talking. Parents who love themselves & each other.
I think ritual & routine also have their place.

20. WHAT VALUES DO YOU THINK ARE MOST IMPORTANT TO SHARE WITH TODAY'S CHILDREN?

Self respect / Esteem.

honesty

that violence never solves problems

21. HOW WOULD YOU HANDLE ANY DISAGREEMENT OR CONFLICT WITH A FAMILY?

Communication is always the way to go.
by talking openly & honestly all issues are on the table
& it tends to end up working out.

22. WHAT DO YOU SEE AS THE NANNY'S ROLE IN THE FAMILY?

A nanny's role is to support the existing role of parents. It's important to stay on the same path as other caregivers in the home. It is also important that a nanny love care & support the children in their care. Providing an environment where all children can feel happy & safe.