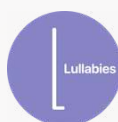




The Dubai Nanny Training Programme

Fully comprehensive, professional training for
safe, exceptional nanny care

Designed & facilitated by Lisa Adair



[Lullabies.ae](https://lullabies.ae)

Behind the Dubai Nanny Training Programme



Lisa Adair

Paediatric / NICU Nurse & IBCLC



Lisa Adair is the founder of [Lullabies](#) – an evidence based, nurse-led space supporting families from pregnancy through early childhood.

Mum of 1, Award winning paediatric nurse educator, antenatal class leader, certified sleep coach, IBCLC lactation consultant, certified baby massage teacher & first-aid awareness instructor, Lisa brings over 20 years of extensive UK & GCC experience into her parent, nurse and nanny education programmes & classes across Dubai and worldwide.



Julia Dacey

NICU Nurse & IBCLC



Julia Dacey is the founder of [Milk & Beyond](#) — a judgement-free lactation and feeding support practice built on the belief that every family deserves honest, clinical answers, whatever their feeding journey looks like.

Mum of 2, NICU nurse, and IBCLC lactation consultant, Julia brings over 20 years of NHS experience to her work with families. She qualified as an IBCLC in 2019 and built a successful private practice in the UK before relocating to Dubai [3] years ago.



Ashley green

Teacher & Positive Psychology Coach



Ashley Green is the founder of [Green Heart Wellbeing](#) and [Mindful Miss Green](#) – a heart-led educator supporting emotional wellbeing through play, storytelling, and coaching. Originally a primary teacher from Scotland, Ashley holds a Master's in Positive Psychology & Coaching. Now based in Dubai, she blends evidence-based practice with creative expression to help children, parents, and professionals build lifelong tools for wellbeing, resilience, self-regulation, and joy.



Hannah Pierce

Teacher & Play Specialist

Hannah Pierce is the founder of The Child Unplugged, a play-led platform centred on child development, learning, and emotionally responsive care.

A qualified teacher with over a decade of experience in education, early years, and family wellbeing, Hannah combines her professional expertise with the lived wisdom of raising three children – including twins. Through baby massage, sensory resources, and screen-free workshops, she helps families rediscover the power of open-ended, meaningful play.



حضانة ليتل لاند
Little Land
Nursery & Montessori

Our nanny training takes place in a carefully selected, real, thriving nursery environment where trainees learn best-practice care in a Montessori multi - award winning environment. Siog, their founder, firmly believes that the only work of children is play. She encourages the children in their care to explore, learn through play and grow in a supportive, understanding and thoughtful environment, and the nursery setting reflects this.



Course delivery

Our comprehensive 18-hour training programme is delivered by leading childcare professionals through a format that maximises learning and retention. Your nanny will benefit from two full days of hands-on, practical training (8.5 hours each) where they can practice essential skills in person, followed by one shorter focused online session that allow time to reflect, absorb, and apply their new knowledge.

This approach is intentionally designed to support deep, lasting learning — not just information overload. By providing practical based learning, our aim is that your nanny truly retains what they've learned and can confidently apply it in your home.

The advantages for you:

- Better trained nannies: practical learning leads to stronger knowledge retention and more confident practice.
- Reduced costs: Less travel time means lower expenses for both families and nannies.
- Convenient scheduling: 2 weekend days to work around most working parents schedules.
- Ongoing support: Continued access to our moderated virtual community means your nanny has expert guidance long after training ends

We train nannies to the highest standards of safety, professionalism, and evidence-based child development — in collaboration with qualified, experienced specialists who teach both children and professionals. The result: a confident, well-supported professional bringing best-practice care to your family from day one.

At The Dubai Nanny Training Programme, we believe in supporting the people who support our children

Secure your Nanny's place by visiting: lullabies.ae



What's inside our modular, in person training?

Professional role & expectations

Respectful care, communication & daily reporting

First aid awareness

CPR, choking, burns, fevers & allergy, emergency management

Feeding babies & the family

Milk feeding, safe weaning, allergens, family nutrition & picky eaters

Child development & play

Milestones, theories, structured & sensory/open ended play

Behaviour & guidance

Positive reinforcement, routines, conflict resolution

Technology

Safe apps, screen time guidance, communication tools

Safeguarding

Recognising concerns, knowing when to act. Age-appropriate body autonomy and personal care, dignity and respect.

Professional reflection & ethics

Resilience, boundaries, emotional intelligence

Sleep

Safe environments, routines, strategies/methods & naps

Hygiene & personal care

Bathing, diapering, skincare, autonomy, safeguarding through years & consent

Hand hygiene & the healthy home

Correct technique, use of sanitiser, infection prevention, home cleanliness

Practical demonstrations

Includes role play, and assessments to ensure nannies can confidently apply their skills in real family homes

Family & Nanny guides

Take-home hard-copy home manual to tailor to your home, parents guide and nanny workbook and resources for self led & directed learning

Ongoing benefits

Full access to The child Unplugged's 'Print & Play' online course & resources
Full access to Lullabies resources

18 hours of contact time

delivered across paced sessions to build skills and avoid overwhelm

Access to our moderated

virtual Nanny Community for ongoing updated child safety guidance and online learning opportunities

Centre of Excellence training

Training is held at world leading, Montessori multi - award winning LittleLand Nursery.

Secure your Nanny's place by visiting: lullabies.ae



Course programme

A very limited number of module spaces will be available to purchase individually should your Nanny not require to complete the full course. Contact Lisa for booking.

Please note that the following will not be available to those who purchase individual module(s): Ongoing benefits, access to moderated nanny community, family & nanny guides, final assessment & follow up call.

Course times: Starts promptly at 08:30, finishes at 17:00.

While we endeavour to keep the programme order as below, note that module order can be subject to change, facilitator dependent.

Module 1: First Aid Awareness & Home Safety- Lisa Adair. 2.5hrs. 350aed.

- Emergency response procedures
- CPR, choking, burns, and injuries
- Accident prevention & safe environments
- Includes digital CPR/first aid handout

COMFORT BREAK/LIGHT REFRESHMENT

Module 2: Health of the Home - Lisa Adair 1.5hrs. 300aed.

- Safe & essential cleaning practices
- Food hygiene and storage
- Professional household standards

LUNCH (approx 13:00-13:30)

Module 3: Hygiene - Lisa Adair or Julia Dacey. 2hrs. 350aed

Personal Care for Babies and Children:

- Daily care routines and safety
- Skin care, bathing, and nappy changing
- Respect, dignity, consent and changing needs

Hand Hygiene:

- Infection prevention and best practice
- Correct handwashing techniques (practical assessment)

COMFORT BREAK/LIGHT REFRESHMENT

Module 4: Technology in Childcare & Safeguarding- Lisa Adair or Julia Dacey. 1.5hrs. 300aed.

- Age-appropriate and intentional use
- Online safety and digital boundaries
- Professional use of technology

Module 5: Feeding the family - Lisa Adair or Julia Dacey. 2hrs. 350aed.

- Breastfeeding, pumps and formula prep.
- Safe storage and hygiene
- Responsive and paced feeding
- Readiness for solids and weaning approaches
- Food safety, allergens, and choking prevention
- Family meals, meal planning, and nutrition

COMFORT BREAK/LIGHT REFRESHMENT

Module 6: Child Development & Milestones -Hannah Pierce. 2hrs. 350aed.

- Developmental domains and stages
- Infancy and early childhood
- Observation, play, and realistic expectations

LUNCH (approx 12:00-12:30)

Module 7: Reflection, Resilience & Ethics - Ashley Green. 2hrs. 350aed.

- Ethical practice and boundaries
- Burnout prevention and self-care
- Ongoing professional growth

COMFORT BREAK/LIGHT REFRESHMENT

Module 8: Baby & Child Sleep - Lisa Adair. 1.5hrs. 300aed.

- Safe sleep guidelines
- Sleep routines and environments
- Developmental sleep changes and support strategies
- Introduction to sleep coaching methods



Why choose us?

Developed and facilitated by Lisa Adair, taught by a handpicked faculty with over 75 years of experience in the paediatric nursing and teaching fields, enabling a view of the whole child.

Our 360, fully comprehensive Nanny training training blends clinical expertise with early years education, offering practical, hands-on learning that prepares nannies to deliver safe, responsive and truly knowledgeable care. Lullabies created The Dubai Nanny Training Programme because we believe every child deserves the best possible start in life — and every nanny deserves the training and respect to make that happen.

Enrol your Nanny with Confidence

Cohort numbers are limited to preserve quality, maximise learning and ensure individual attention



Secure your Nanny's place by visiting: lullabies.ae

or

[Contact us](#) if you would like more details or information

