



JESICA RIGA


Founder of Little Roots • Premium
Nanny & Childcare Specialist

CONTACT

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 <https://littleroots.es/>

 [littleroots.ibiza](https://www.instagram.com/littleroots.ibiza)

 Ibiza

KEY SKILLS

- **Emotional intelligence & empathy**
- Strong connection with children of all ages
- Highly organized & detail-oriented
- Adaptability to international families & cultures
- **Calm and confident in challenging situations**
- Creative planning of educational activities

Founder of Little Roots, with over **10 years of international experience** in high-level childcare. I specialise in providing **calm, structured and emotionally intelligent care**, supporting both children and families in creating balanced daily routines.

My approach is deeply inspired by **Montessori and Reggio Emilia**, focusing on respect, autonomy and meaningful learning through play.

Having worked with families from diverse cultural backgrounds and in luxury environments, I naturally adapt to each household, offering **discreet, professional and trustworthy support** at all times.

EDUCATION

- **Positive Discipline** (Course)
- **Montessori Approach** (Training)
- **Reggio Emilia Inspired Education**
- Child Sleep Routines & Healthy Habits
- Emotional Development & Behaviour Management
- **First Aid & CPR (Pediatric)**

LANGUAGES

- **English** – Professional
- **Italian** – Basic

JESICA RIGA

Premium Nanny & Childcare Specialist

WORK EXPERIENCE

PRIVATE FAMILY · MATERNITY & TRAVEL NANNY

2024 – 2025

- Full-time care for **newborn twins** in international settings
 - **Sleep training** & structured routines
 - Feeding support & introduction of solids
 - Adaptation to different environments and schedules
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PRIVATE FAMILY · NEWBORN & SLEEP SUPPORT NANNY

2024

- Supported twins with sleep training and daily routines
 - Assisted during early developmental stages
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SHORT-TERM & TEMPORARY NANNY POSITIONS

Ibiza & International

- Childcare for families on holiday and short-term stays
 - Quick adaptation to new environments and routines
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IBIZA KIDS CO

2023 – 2025

- Childcare for children aged 0–9 in villas, hotels & events
 - Daily routines, activities and general care
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EARLY CHILDCARE EXPERIENCE · INTERNATIONAL

2016 – 2022

- Experience across Australia, Denmark, Sweden & Mexico
- Nursery, school and au pair roles
- Development of routines, care and creative activities

Premium Nanny & Childcare Specialist

Available for travel & international positions