

Sample Au Pair Schedule

What is it like to have an au pair? While your schedule may vary depending on the needs of your family and the age of the children, here is what a typical day looks like for an au pair named Anna who takes care of two children, 5-year old, Alex, and 2.5-year old, Charlie. Both of Anna's host parents, Pam and Jeff, work outside of the home.

Typical Au Pair Day

7:30	Begin work (already eaten and showered – ready for day)
8:00	Make breakfast for Alex and Charlie, clean up breakfast dishes
8:30	Help Alex get ready for school
8:45	Drive Alex to school
9:00	Put in kid's laundry. Play with toys, books and games with Charlie. Fold laundry.
11:00	Take Charlie to library for story time
12:00	Make lunch for Charlie
12:30	Clean up dishes, put kid's laundry away, and clean up toys.
1:30	Put Charlie down for nap; vacuum playroom.
3:00	Charlie wakes up from nap. Pick up Alex from school
4:00	Make Alex a snack & help with homework; play with Charlie
5:00	Host parent returns from work. Off duty.