

An Au Pair is an Au Pair

- She provides excellent childcare
- She plays with the children
- She shares her culture with your family
- She helps them with their homework
- She feeds babies and changes diapers
- She washes the baby's clothes and diapers
- She keeps the children on their routine
- She takes them to and from school and/ or activities
- She plans and carries out art projects, physical education, science experiments and other age-appropriate activities with the children
- She takes steps to ensure the children's safety
- She enforces your rules with the children
- She makes sure they are properly fed and rested



An Au Pair is not a

Housekeeper – Au Pairs do not perform the duties that a housekeeper would do, such as dusting, vacuuming, cleaning toilets or washing windows. She *should* be expected to help the children pick up their toys. She may be expected to periodically wash and put away toddler toys. Any duties that are focused on the home and not the children are not, however, an Au Pair's duties.

Dog Walker or Petcare Provider – Au Pairs do not take care of pets. Hopefully, your Au Pair will get along very well with your pets. If she wants to take the dog jogging with her or play with the cat, it's certainly encouraged, but feeding or grooming family pets may not be a part of her duties.

Cook or a Chef – We encourage Au Pairs to share their culture, which may sometimes include cooking traditional dishes from her home country. But an Au Pair may not be required to prepare dinner for the family routinely. Depending upon the family's schedule, it may be appropriate for the Au Pair to pack the children's school lunch, feed them breakfast, and yes, even prepare the children's dinner. The focus, however, should be on ensuring that the children are fed and cared for – not on serving in a cook's or chef's capacity.

Dishwasher – An Au Pair can be expected to do dishes only if it is incidental to her other duties. For example, after serving the children lunch, she may be expected to clean up from the meal, including

washing the dishes they used to prepare and eat that meal. It may be part of her duties to clean out lunch boxes after school daily. As an adult living in the home, she should be expected to clean up after herself, such as doing her own dishes or taking part in cleaning up after a family meal in which she partakes. She may not, however, be expected to provide routine dishwashing for the family.

Family Laundress – Au Pairs can be asked to do the children’s laundry, or, if the children are old enough, to teach and help the children do their own laundry. An Au Pair is responsible for doing her own laundry in most cases. But parents’ laundry are for a housekeeper or dry cleaner / laundress to handle.

Concierge – Your Au Pair may need help planning the children’s schedule. She can certainly come up with fun and educational activities to do with the kids at home. But please remember that she is from another country and will not likely be able to find a Tae Kwon Do or swimming class to enroll the child in in your local community.

Mind Reader – Host Parents set the tone for communication. If you like things to be done a particular way, make sure you explain what that way is! When your Au Pair first arrives she has much to learn about her new surroundings (especially if she is arriving to the United States for the first time). She will likely need for you to explain many things more than once and in various levels of detail. A good rule of thumb is to explain in further detail than you think you need to.

What you can rely on

Safe and fun activities for the children

Age-appropriate activity and expectations of the children

Focus on safety

Reinforcement of educational concepts

Timely pick up and drop of the children (if needed)

Your house rules followed to her best understanding

Sharing of culture

Good communication efforts

Support from your Community Counselor



Please Note: This document is not an all-inclusive list of do’s and don’ts; it is a tool to help guide Host Families toward good communication with and realistic expectations of their Au Pair. Your Community Counselor can always answer questions and provide further interpretation of Au Pair Program Regulations.

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