

How to be an au pair superstar

Always put your host kids and family first

- Show genuine interest in your host family, integrate yourself into family life, say good morning, smile, laugh, play games with the kids, ask questions, give feedback at the end of the day
- Use your initiative for example:
- Bring in the washing if it starts raining
- If milk is running low, buy some or text your mum to pick some up on the way home
- If a button comes off a school shirt, offer to sew it back on
- Tidy up after yourself- make sure you help with the washing up and setting/ clearing the table if you have a meal with the family, even when you are not on duty
- Thank your host family if they cook you dinner / take you out for a meal or activity.
- Ask if there is anything else you can do to help
- Ask if you are doing a good job and what you can do to improve
- Think of doing things on special occasions e.g. getting the kids to make birthday cards, Christmas cards, bake cookies as a gift
- Keep phone calls/ Facebook/internet use to your free time
- Families want you to be a good role model in their family, remain professional at all times.
- If in doubt, ask your host family or ask us for advice.