

First Week Checklist

Here is a checklist of things to do

- Get to know your new family
- Open a bank account
- Get Australian mobile number
- Provide Smart Au Pairs with your:
 - Australian mobile number
 - Travel Insurance number and policy
 - Emergency contact details (e.g. your parents at home)

Go through the Smart Au Pairs Handbook together

- Discuss daily/weekly schedules including; activities, duties, meals, routines and expectations.
- Discuss any allergies or medication in the family.
- Discuss disciplinary methods such as time out and naught corner.
- Establish your 'private space' with host family/children e.g. your bedroom is off limits to the children.
- Discuss 'family responsibilities' e.g. un/loading dishwasher, washing, tidying on days off.
- Discuss internet and phone use – off duty hours only.
- Discuss privacy and permission of family photos on the internet: Facebook, blogs etc.
- Shadow your host parent/current au pair for the week to familiarise yourself with routines, driving, meals, schools, grocery shopping

Discuss car use and expectations

- Allow plenty of time to practice local driving – without the kids
- Discuss car insurance excess, infringement fines
- How to put children in their car seats/belts correctly
- Road rules – never leave the kids in the car EVER

Talk about safety

- Snakes & spiders
- Sun & Sea
- Road safety
- Bush fires & flooding
- Staying out late
- Cyber safety & Permission
- Emergency contacts for host family