

## SAMPLE AU PAIR SCHEDULE

Wondering what it is like to be an au pair in America? Take a look at a sample schedule for Annika, a 23-year-old au pair from South Africa. She lives with the Patel family--host parents Fatima and Nik and their two kids, 12-month-old Shiv and 6-year-old Meera.

	Morning	Afternoon	Evening
Monday	<ul style="list-style-type: none"> <li>• Pack Meera's lunch + help get her ready for school</li> <li>• Drive Meera to school</li> </ul>	<ul style="list-style-type: none"> <li>• Take Shiv to Baby Sign Language class</li> <li>• Feed Shiv</li> <li>• Pick Meera up from school</li> </ul>	<ul style="list-style-type: none"> <li>• Help Meera with homework</li> <li>• Dinner with Host Family</li> <li>• Free time</li> </ul>
Tuesday	<ul style="list-style-type: none"> <li>• Pack Meera's lunch + help get her ready for school</li> <li>• Drive Meera to school</li> <li>• Baby yoga class with Shiv</li> </ul>	<ul style="list-style-type: none"> <li>• Read to Shiv in Afrikaans</li> <li>• Feed Shiv</li> <li>• Laundry for Meera + Shiv</li> <li>• Pick Meera up from school</li> </ul>	<ul style="list-style-type: none"> <li>• Zoom time with family in South Africa</li> <li>• English class at local college</li> </ul>
Wednesday	<ul style="list-style-type: none"> <li>• Pack Meera's lunch + help get her ready for school</li> <li>• Drive Meera to school</li> <li>• Walk in the park with baby Shiv</li> </ul>	<ul style="list-style-type: none"> <li>• Feed Shiv</li> <li>• Pick up Meera from school</li> <li>• Take Meera to gymnastics</li> </ul>	<ul style="list-style-type: none"> <li>• Help Meera with homework</li> <li>• Fatima + Nik working late - prepare dinner for kids</li> </ul>
Thursday	<ul style="list-style-type: none"> <li>• Pack Meera's lunch + help get her ready for school</li> <li>• Drive Meera to school</li> <li>• Free time</li> </ul>	<ul style="list-style-type: none"> <li>• Feed Shiv</li> <li>• Pick up Meera from school</li> <li>• Bake cookies with Meera + tidy up kitchen</li> </ul>	<ul style="list-style-type: none"> <li>• Help Meera with homework</li> <li>• Date night for Fatima and Nik--prepare dinner for the kids</li> <li>• Night routine: bath time, story time, lights out</li> </ul>
Friday	<ul style="list-style-type: none"> <li>• Pack Meera's lunch + help get her ready for school</li> <li>• Drive Meera to school</li> <li>• Walk in the Park with baby Shiv</li> </ul>	<ul style="list-style-type: none"> <li>• Half day: Pick Meera up from school at noon</li> <li>• Feed Shiv + lunch for Meera</li> <li>• Take Shiv to the Rodriguez's for a playdate</li> </ul>	<ul style="list-style-type: none"> <li>• Laundry for Meera + Shiv</li> <li>• Prep dinner for Meera + Shiv</li> <li>• Free time</li> </ul>
Saturday	<ul style="list-style-type: none"> <li>• Hiking with local au pair group</li> </ul>	<ul style="list-style-type: none"> <li>• Free time</li> </ul>	<ul style="list-style-type: none"> <li>• Free time</li> </ul>
Sunday	<ul style="list-style-type: none"> <li>• Breakfast with Host Family</li> <li>• Free time</li> </ul>	<ul style="list-style-type: none"> <li>• Drop Meera off at swim lessons</li> <li>• Meet up with friends for yoga</li> </ul>	<ul style="list-style-type: none"> <li>• Dinner at restaurant with host family</li> <li>• Movie/TV time with family</li> </ul>