

Weekly Au Pair Scheduling Template

	Total Scheduled Hours By Day	Morning		Afternoon		Evening	
Monday	8	Schedule	Activity	Schedule	Activity	Schedule	Activity
		7a-7:30a	Drive Emily to school	11a-12:15p	Take Luke to baby music class	6p	Dinner with Host Family
		7:30a-11:00a	Care for Baby Luke	12:15p-3:00p	Help Emily with homework	7p	Maria at Class
Tuesday	0	Schedule	Activity	Schedule	Activity	Schedule	Activity
Wednesday	0	Schedule	Activity	Schedule	Activity	Schedule	Activity
Thursday	0	Schedule	Activity	Schedule	Activity	Schedule	Activity
Friday	0	Schedule	Activity	Schedule	Activity	Schedule	Activity
Saturday	0	Schedule	Activity	Schedule	Activity	Schedule	Activity
Sunday	0	Schedule	Activity	Schedule	Activity	Schedule	Activity
Total Weekly Hours:	8	Weekly Notes:					

We recommend creating a schedule the same day each week and posting it in the kitchen or somewhere easily accessible. Discuss in advance any upcoming schedule changes/vacations.

Au Pairs work up to 10 hours per day maximum 45 hours per week. The hour cells will turn red to note if you have gone over the daily or weekly hour limit.

It can be helpful to schedule free time and optional family activities in a different color than your childcare related schedule.