

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