

### Weekly au Pair scheduling template

	Total Scheduled Hours By Day	Morning		Afternoon		Evening	
		Schedule	Activity	Schedule	Activity	Schedule	Activity
Monday	8						
Tuesday	6						
Wednesday	4						
Thursday	4						
Friday	3						
Saturday	0						
Sunday	0						
Total Weekly Hours:	25	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.

The weekly participation may not exceed an average of 25 hours over a period of one month or four weeks.

[It can be helpful to schedule free time and optional family activities in a different color than the childcare related schedule.](#)

Date

signature host family representative

signature young au pair