

Auost Childcare Preferences & Routines Guide

For Au Pairs & Host Families

Daily Routine

Wake-up time: _____

School/Daycare drop-off: _____

Meals & snacks schedule: _____

Naps/quiet time: _____

Bedtime routine: _____

Family's Childcare Preferences

Discipline style (tick or specify):

☐ Clear rules ☐ Time-out ☐ Redirecting ☐ Other: _____

Screen time rules: _____

Homework expectations: _____

Play preferences (indoor/outdoor, creative play, sports): _____

Safety & Health

Allergies / dietary restrictions: _____

Medications: _____

Emergency contacts: _____

Family Values & Habits

What's important to us: _____

Special family traditions: _____

Things we'd like you to encourage: _____

Notes for the Au Pair

💡 This is your space to ask questions or share your ideas about routines and childcare.
