

AUPAIR CONNECT — TEMPLATE

3 schedule templates (25–30h)

Three ready-to-adapt weekly schedules for your family.

TEMPLATE

ENGLISH

V1.0.0

3 schedule templates (25-30h)

ENGLISH · EN

A written schedule prevents misunderstandings about hours and hours actually worked. Here is how to build a sustainable 25-30 hour schedule, with examples to adapt to your family.

Principles of a sustainable schedule

A good schedule spreads the hours across the week, protects rest and class time, and stays readable for everyone. Put it in writing before arrival, then adjust after the first week.

- A clear daily maximum and a weekly total within the agreed range.
- At least one full day off per week, fixed if possible.
- Protected slots for language classes and personal life.
- No tasks outside planned hours without explicit agreement.

An example of a balanced week

The model below spreads around 25 hours over five days, with free weekday mornings for classes. Adapt the slots to your reality and confirm them together.

- Monday-Friday: 7-9am (wake-up and getting ready) and 4:30-7:30pm (school pick-up, dinner, bath).
- Two babysitting evenings a week, offset by free mornings.
- Wednesday afternoon: extended care if it is part of the agreement.
- Saturday morning: occasional slot, with rest time moved to a weekday.

ACTUAL HOURS PER DAY (MON→SUN)

Three variants for different needs

- "Morning" family: the au pair takes over early, evenings are free.
- "Evening" family: the au pair covers late afternoon and bedtime.
- "Flexible" family: split hours, with written tracking of real hours.

VARIANT CHOSEN

Tracking hours without conflict

A shared hours sheet, filled in daily, turns a sensitive discussion into a simple reading of facts. It is the best tool against burnout and disagreements.

- Keep a visible sheet (fridge or online) updated every day.
- A 10-minute Friday check-in to balance the following week.
- Log overtime and give it back as time off, never let it lapse.
- Review the schedule after the first month, once habits settle.

WEEKLY CHECK-IN (DAY/TIME)

To complete together

MONDAY — TASKS AND HOURS

TUESDAY — TASKS AND HOURS

WEDNESDAY — TASKS AND HOURS

THURSDAY — TASKS AND HOURS

FRIDAY — TASKS AND HOURS

SATURDAY — TASKS AND HOURS

SUNDAY — TASKS AND HOURS