



AuPairSync

Stop Juggling 7 Apps

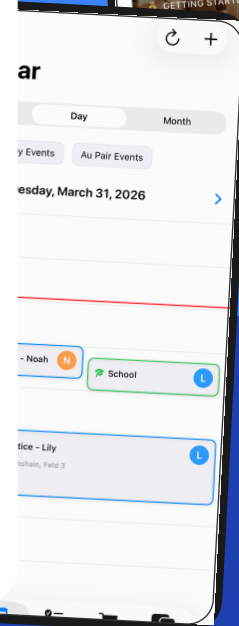
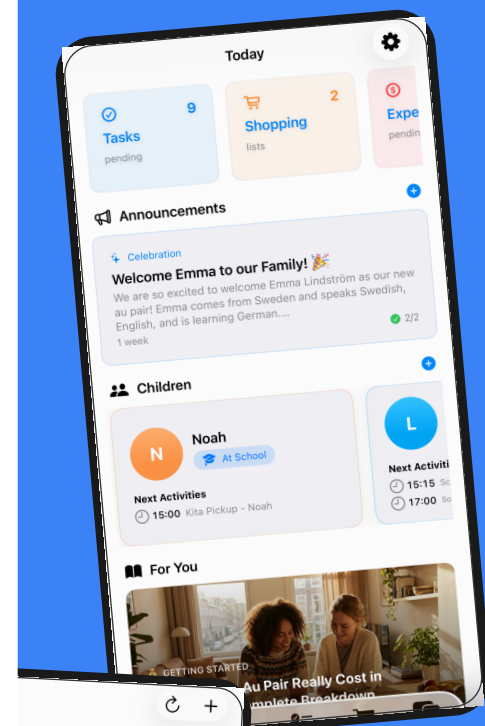
Au Pair Weekly Schedule Template

With per-child rows for 2 kids

Plan, organize & communicate

- Printable planner with per-child time blocks
- Sample filled-in schedule for a 2-kid family
- 5 tips from experienced host families
- Hour-tracking to stay within program limits

A free resource from AuPairSync



FREE DOWNLOAD



Weekly Au Pair Schedule

Week of: ____ / ____ / ____

Au Pair: _____

Child 1: _____

Child 2: _____

Each cell: top half = Child 1 | bottom half = Child 2 (dashed line)

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
C1 C2 7-8							
C1 C2 8-9							
C1 C2 9-10							
C1 C2 10-11							
C1 C2 11-12							
C1 C2 12-13							
C1 C2 13-14							
C1 C2 14-15							
C1 C2 15-16							
C1 C2 16-17							
C1 C2 17-18							
C1 C2 18-19							
C1 C2 19-20							
TOTAL HRS							

Notes & Special Instructions:

Reminder: Weekly au pair hours should not exceed 30 hrs • Check your country's specific regulations



Example: Filled-In Schedule (2 Children)

The Miller family • Emma (6) • Noah (3) • Au pair: Lina from Sweden

Top = Emma (6)

Bottom = Noah (3)

Yellow = OFF / personal time

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
C1 7-8	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	OFF	OFF
C2	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	OFF	OFF
C1 8-9	School drop	School drop	School drop	School drop	School drop	OFF	OFF
C2	Free play	Free play	Free play	Free play	Free play	OFF	OFF
C1 9-10	OFF	OFF	OFF	OFF	OFF	OFF	OFF
C2	Playgroup	Park	Music class	Library	OFF	OFF	OFF
C1 10-11	OFF	OFF	OFF	OFF	OFF	OFF	OFF
C2	Lunch + nap	Lunch + nap	Lunch + nap	Lunch + nap	OFF	OFF	OFF
C1 11-12	OFF	OFF	OFF	OFF	OFF	OFF	OFF
C2	OFF	OFF	OFF	OFF	OFF	OFF	OFF
C1 12-13	OFF	OFF	OFF	OFF	OFF	OFF	OFF
C2	OFF	OFF	OFF	OFF	OFF	OFF	OFF
C1 13-14	OFF	OFF	OFF	OFF	OFF	OFF	OFF
C2	OFF	OFF	OFF	OFF	OFF	OFF	OFF
C1 14-15	Pick-up	Pick-up	Pick-up	Pick-up	Pick-up	OFF	OFF
C2	Snack	Snack	Snack	Snack	Snack	OFF	OFF
C1 15-16	Homework	Soccer	Homework	Art class	Free play	OFF	OFF
C2	Free play	Park	Crafts	Free play	Free play	OFF	OFF
C1 16-17	Dinner	Dinner	Dinner	Dinner	OFF	OFF	OFF
C2	Dinner	Dinner	Dinner	Dinner	OFF	OFF	OFF
C1 17-18							
C2							
C1 18-19							
C2							
C1 19-20							
C2							
TOTAL HRS	6h	6h	6h	6h	6h	0	0

Weekly total: 30 hours

= Off-duty / personal time

This is an example — use the blank template on page 2 for your family!



1

Set It Together

Sit down with your au pair at the start of each week and plan the schedule together. This builds trust, avoids surprises, and gives your au pair ownership over their time. Use Sunday evening or Monday morning as your regular check-in.

2

Respect the Limits

Most au pair programs cap working hours at 30 per week. Going over can cause burnout and jeopardize your program standing. Use the totals row to track hours and ensure you stay within the weekly limit.

3

Build in Buffer Time

Leave 30-minute gaps between major activities. If school pick-up ends at 3:30, don't schedule the next task until 4:00. Buffers reduce stress and make late-running activities less disruptive.

4

Protect Personal Time

Your au pair is a young adult living far from home. Protect their language-class slots, social time, and days off the same way you'd protect your own vacation. A well-rested, socially connected au pair provides better care.

5

Communicate Changes Early

A last-minute text saying 'Can you start an hour early?' erodes goodwill fast. Flag schedule changes 48 hours in advance. Use a shared app so both sides see updates in real time.



AuPairSync Pro tip:

Fill in the template together, snap a photo, and share it in AuPairSync so everyone in the household has access. Changes? Update it in the app — everyone gets notified instantly. Download free at aupairsync.com



AuPairSync

Loved the template?

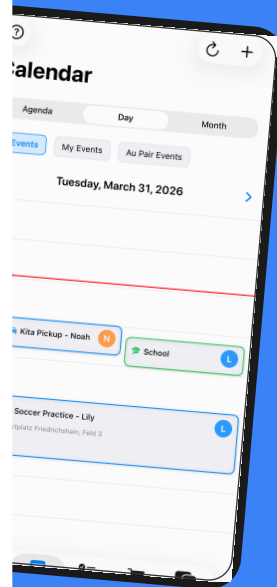
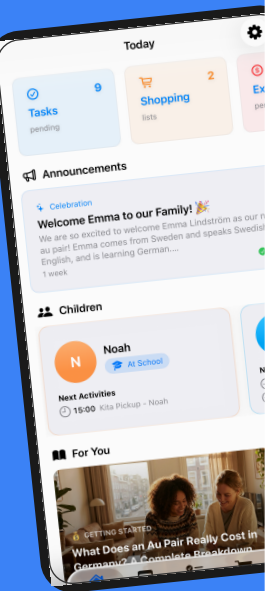
You'll love the app.

The only au pair app built for the whole household.

- **Shared calendar** — syncs in real time
- **Task management** — assign, track & complete
- **In-app messaging** — no more WhatsApp chaos
- **Kids' info hub** — allergies, contacts & routines
- **Multi-child support** — per-child schedules
- **Whole household** — parents, au pairs & sitters

Get AuPairSync Free

Available on iOS • aupairsync.com



AuPairSync

Stop Juggling 7 Apps