
Could an au pair be the childcare solution your family is looking for?

Imagine what an extra pair of hands could do for your family.

What is important to you?

- Are you looking for flexible childcare that exactly fits your schedule?
- Do you love the idea of home-based care where your children can bond with one caregiver?
- Do you want your children to learn about other cultures and languages at the same time?
- Do you want one of the most cost-effective childcare options available?

What is an au pair?

An au pair is a young adult visiting the UK on a cultural homestay arrangement who lives with their host family and assists with caring for the children and light housework. They receive full board (meals and accommodation) and wages (in line with the NMW).

They are usually not professional child-carers and will need you to teach and guide them in your preferred ways to care for your children.

Au pairs typically help with daily routines including school runs, kinder and extra-curricular activities, children's food preparation, dressing, and bathing. They can help older children with homework and can care for younger children with age-appropriate play and activities.

Our au pairs usually have an international driving licence so can drive if you require.

JCR au pairs

Our au pairs are mainly from Australia, and love helping to care for children. Average age is 18 – 30. They are seeking the rewarding cultural experience of living with a host family in a foreign country while growing independent and maybe building on their career plans to become a teacher or nurse.

Au pairs can help your family for 25 – 35 hours maximum per week on a 6 - 12-month placement. See Mothers help and Nanny information on the website. www.childint.uk.co

They must be treated as a member of the family, like a grown-up sister or brother. Au pairs and host families understand that an Au pair arrangement is a cultural exchange/homestay arrangement.

Our au pairs have referenced childcare experience, such as babysitting, kinder or schoolwork experience placement, being a nanny, coach or tutor.

They can care for children aged all ages, usually age 2-12. Limited sole care of children aged under 2 is possible depending on circumstances. We don't recommend standard au pairs for long periods of sole care of children under age 2 as they generally don't have the skills and experience for this responsibility. Families may like to consider the services of a nanny or childcare centre for full time care of a baby.

Are you ready for an au pair?

- Are you able to include your au pair as a member of the family, giving them a welcoming and safe family environment away from their own home?
- Are you prepared to be patient and make allowances for someone from another culture living in your home?
- Can you take the time to train your au pair in your family routines and her duties?
- Are you willing to work in a spirit of open communication and cooperation with your au pair?
- Can you provide a nicely furnished spare bedroom and a bathroom? (Your au pair can share with children only)

If you answered yes to this list, then an au pair may be a suitable option for your family.

Au pair background checks

All JCR au pairs undergo an extensive application process which includes:

- Approved and referenced childcare experiences, eg babysitting, childcare work experience, coaching and tutoring.
- Interview to assess suitability for the au pair program.
- Childcare and character references
- Evidence of education attainment, any childcare training, drivers' licence, First Aid, or other relevant qualifications
- Police and medical checks.

JCR does its very best to present au pairs to you that may suit your requirements and lifestyle.

Fees and costs: Refer to separate doc "Fees Terms & Conditions" for full explanation of fees and costs.

Length of stay	Up to 5 months	6 – 8 months	9 – 12 months
Au Pair	£750.00	£1000.00	£1200.00
Nanny/Mother's help	£850.00	£1200.00	£1400.00

Invoiced and payable upon your signed agreement with your chosen au pair.

Fees and costs cont:

- Au pair's weekly pay.
- Full board - all meals for your au pair while she is in your family home.
- All expenses related to your au pair's duties, eg mobile phone, petrol, outings.
- Additional car insurance (comprehensive and compulsory third party) if you require your au pair to drive or allow her to drive your car for personal use.
- Au pairs to the UK pay for their own flights, visa, and medical /travel insurance.



The au pair selection process

Step 1 - application

Complete the family registration form emailed to you so we understand your requirements. Supply us contact details of someone who can provide a character reference for your family, the completed 'Duties and Letter' document outlining your family life and the role of an au pair in your family, and some photos of your family and home.

Step 2 – au pair selection

We then begin hand selecting suitable au pairs for you to review. We send your basic family profile to suitable applicants to be sure they are keen to move further with your family, we then send you the au pairs profile and you can decide if you would like to start the interview process. If so we then put you both in touch with each other to organise suitable times.

Step 3 – Video calls and final selection

JCR will confirm the au pair's contact details and provide you with a guide helping you conduct your video calls and selections. The au pair will contact you by email and you then arrange mutually suitable times to conduct video calls within 10 days. You then let us know if you are interested in offering a placement or would prefer to review other applicants.

Step 4 – finalising arrangements

Once your offer has been accepted by the au pair, we organise the placement documents to be completed and signed by you both.

We advise you of the au pair's visa and flight details and you meet her at your closest international airport when she arrives. All au pairs and host families are sent handbooks and other preparation materials. Once arrived, au pairs are invited to join JCR WhatsApp groups to contact other JCR au pairs and find links to local tours/sightseeing info to help them enjoy their free time and build new friendships.

JCR continues to be available for assistance to the au pair and host family throughout the entire placement term.



More about host families and au pairs:

- An au pair is primarily responsible for help with childcare and must be treated as part of the family, like a 'big sister', not as hired domestic help.
- They have their own private, furnished bedroom within the family home or suitable alternative accommodation. They share all meals with the family and are invited to join in family activities.
- Au pairs can help with light housework, particularly related to the children and shared living areas. They are not expected to do regular heavy cleaning. Refer to our document *Duties List* for details.
- Au pairs help on an agreed schedule of 25 – 40 hours per week.
- They receive 2 days free time per week which must include one full weekend off each month, arranged in advance, so your au pair can travel/sightsee with friends.
- They are allowed all public holidays off (can be asked to work and paid appropriately) and up to 2 weeks paid annual leave (according to the NMW). Extra nonpaid leave can be negotiated with the host family and au pair.
- Au pairs are not 'super-nannies' – you will need to teach your au pair your preferred ways of caring for your children and build your children's acceptance of your au pair.
- Au pairs will appreciate your help to build their social contacts and join the library, gym or clubs in your area. In addition to the au pair contact lists we send, we ask you to introduce them to your networks and help them join in local activities of interest to make new friends.
- Encourage your au pair to travel and sightsee, with the family and with friends.
- **A minimum two-week notice period** is required if either party wishes to end the placement early. Strict conditions apply please refer to our terms and conditions.

Why choose JCR as your au pair agency?

- Our commitment to expert and personal service at the highest level, before and throughout your au pair placement.
- Our international network and reputation enable us to find you au pairs committed to the program and performing their role.
- We have been providing a full-service au pair program since 1999.

To start your application:

1. Complete the Family Registration Form, www.childint.uk.co
2. Have on hand:
 - **Contact details of a character referee who knows your family, eg neighbour or friend**
 - **A basic overview of your au pair's weekly schedule and duties**
 - **4 or more photos of your family and home, including au pair's room**
 - **Copies of ID and police checks for adults in the family**

Don't hesitate to contact us with any questions. We look forward to hearing from you!

AU PAIR DUTIES - What duties can I ask of my au pair?

An au pair's duties should be at least 60% childcare-related, with the remaining consisting of light housework help. Each family's requirements will be different, please discuss your questions or special requirements with your agency representative.

This is a guide to what your au pair can be asked to do:

YES	✓ Childcare: play, homework, taking to school/kinder/daycare/ extra-curricular activities, learning activities suggested /arranged by parents, baths/showers, dressing, bedtime preparation	✓ Care for a sick child at home, unless a child is very ill then a parent needs to take over
	✓ Prepare snacks and meals for children but a parent needs to plan and provide for the meals ahead of time	✓ Tidy children's bedrooms and play areas
	✓ Grocery shopping and putting groceries away	✓ Vacuum own room and shared areas
	✓ Clean own private bathroom or a light clean of a bathroom shared with children	✓ Wiping down kitchen benches (not heavy cleaning of stoves, ovens, tiles)
	✓ Laundry – wash, hang and fold clothes	✓ Pack/ unpack dishwasher and wash dishes
	✓ Spot clean mopping / cleaning up spills by children	
Negotiable if au pair is willing	? Prepare the family dinner occasionally, either a meal of her own choice, or from the family's meal plan	? Feeding and walking pets
NO	* Taking a sick child to the doctor or caring for a very ill child (eg gastro)	* Heavy cleaning of the kitchen (stoves, ovens, splashbacks, tiles)
	* Attending to children's needs overnight (except by special arrangement)	* Cleaning up after pets
	* Cleaning bathrooms she doesn't use	* Regular mopping of wet areas
	* Window cleaning	* Cleaning the car, except leaving it clean / tidy after her personal use.
	* Planning family meals	* Gardening or cleaning outdoor areas