Au Pair Manual for the xxxxx Family

Children: names

By (host mum)
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Welcome

Welcome to Australia and welcome to our family. We are really excited to have you come and stay with us and hope you enjoy your time here. We really want you to feel like part of our family and want you to make this your second home. We are pretty flexible with most arrangements and have a good support network in Canberra to help us out with our busy household.

(Dad) and I both work to run a busy consulting company [www.xxx.com](http://www.xxx.com) and with 4 children we lead a very busy life. We have chosen to host an au pair because an au pair living in our home as a family member is someone with whom the children can develop a trusting bond, much like an older brother or sister. A live-in au pair can also be available for evenings, school holidays and can help with the running of the household in many other ways that improve the quality and quantity of leisure time for the whole family. Secondly, our family enjoys the cultural exchange of hosting an au pair. We love sharing our wonderful country and including our au pair in social activities, outings, day trips and holidays.

We have created this Au Pair Manual so that you have a clear understanding of the au pair role and duties in the household. We have found from experience that open communication and clear expectations provide a solid foundation for the host family/au pair relationship. If you are unclear about anything in this manual or anything else at all then please do not hesitate to ask.

The Au Pair/Host Family Relationship

We know au pairs have their own various reasons for coming to Australia and that working as an au pair may be a means rather than an end. We understand this and we accept it is part of our duty to help you get the most of your time in Australia. We do this by supporting you in developing an independent social life, and by including you in day trips and holidays whenever we have them. We undertake to do all we can to help you enjoy your time in Australia, however, for the relationship to work successfully au pairs must keep in mind the following;

- We employ you to care for our children and to help keep order in the house. In return we provide a safe place to live, your own room, food and a steady income. We have you here for one reason to make our lives easier. If you’re not doing that then there is simply no reason for us to have you.

- Whilst au pairs typically young, they are expected to be fully functioning adults with basic life skills. An au pair should be an actively contributing member of the household, not another child to be cared for.

- Your on-duty hours should be treated as with any other type of employment. This means presenting yourself on-time and ready, and carrying out all duties as and when directed without supervision. It also means no excessive use of mobile phone or other electronic media.
- Your off duty hours are your own time, but remember even then you are not a guest but a member of the household. You should always be prepared to assist with the routine e.g. setting table for meals, after dinner clean-up, etc. A good au pair should be looking for ways to help and not waiting to be asked. Your attitude in this regard more than anything will determine whether you fit in like a family member as opposed to an employee. We want au pairs to feel like part of the family, but it can only develop with mutual trust and respect.

- Our children love having an au pair and will tend to treat you as an older friend or sibling. Whilst they understand that the au pair is here to look after them for a defined period, their friendship is genuine and does not turn on and off according to your hours on duty. You should be responsive and kind to the children at all times.

- We know that being an au pair can be a great way to have a cheap holiday and we are happy to be part of that, but remember that our purpose in hosting you is for childcare and housekeeping. If you do not genuinely love children or you think housework is beneath you then you should look for another type of employment.

- When you arrive in Australia as our au pair we will have interviewed each other through emails and on Skype. You will have already read this manual and you will have accepted the job as described and be under no illusions as to your hours, duties, pay or any aspect of our home or lifestyle. We will not hesitate to dismiss an au pair who we find is dishonest, untrustworthy or who is unable or unwilling to properly discharge their duties. Whilst you are not a prisoner and of course may leave at any time, we expect you to honour your commitment to the role you accepted.

### BASIC FAMILY INFORMATION

**ADDRESS**

xxxxxxxxxxxxxxxxx

**BIRTHDAYS**

Names and dates

**PHONE NUMBERS**

**HOME PHONE NUMBER:**

(02) phone

**MOBILE PHONE NUMBERS:**

(Mum): xxxx xxx xxx  (Dad): xxxx xxx xxx  Au Pair: xxxx xxx xxx
HOST PARENT WORK PHONE NUMBERS:

Work numbers

If you need something, it's fine to call us at work. Try our mobile phones first as they are the best way to get hold of us quickly.

OTHER PHONE NUMBERS:

Other names and numbers

SCHOOL DETAILS

CHILDREN’S SCHOOL

Times of school

School address and phone number

PRESCHOOL

Times

Address and phone numbers

DAILY/WEEKLY ROUTINE

The table below outlines the daily routine highlighting what the children are doing throughout the week and what your responsibilities are. Note that during school holidays there is no school for (names) and there are no activities (no swimming lessons, gymnastics, ballet or Joey Scouts) which means that there will be more work for all of us. We will often go to the holiday house or we may need to think up some other activities for the kids to do! The school holidays will include more hours (for all of us) looking after the children. Average hours will be around 35 hours per week including a few hours cleaning. Some weeks may not include this many hours but rather than clock on and clock off, we want someone who will be part of our family and just lend a helping hand whenever it is needed.
<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Activity Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday</strong></td>
<td>7:00 am</td>
<td>The children normally wake around 6:30 – 7:30 am. (Mum) and (Dad) usually give them breakfast and get them dressed for the day.</td>
</tr>
<tr>
<td></td>
<td>8:00 am</td>
<td>You will need to be ready to start the day by 8am and help (Mum) finish getting the children ready for school.</td>
</tr>
<tr>
<td></td>
<td>8:15 am</td>
<td>(Mum) will leave to take (child 1), (child 2) and (child 3) to school. You will have (child 4) for the day (see notes below).</td>
</tr>
<tr>
<td></td>
<td>3:30 pm</td>
<td>(Mum) (or (Dad)) will return home with the children from school and you will usually be finished for the day.</td>
</tr>
<tr>
<td></td>
<td>5:30 pm</td>
<td>(child 1), (child 2) &amp; (child 4) have swimming lessons from 5:345pm for 30 minutes. Usually (Dad) will be home to take them but if not, (Mum) may need to take him while you stay home with (child 4).</td>
</tr>
<tr>
<td><strong>Tuesday</strong></td>
<td>7:00 am</td>
<td>The children normally wake around 6:30 – 7:30 am. (Mum) and (Dad) usually give them breakfast and get them dressed for the day.</td>
</tr>
<tr>
<td></td>
<td>8:00 am</td>
<td>You will need to be ready to start the day by 8am and help (Mum) finish getting the children ready for school.</td>
</tr>
<tr>
<td></td>
<td>8:15 am</td>
<td>(Mum) will leave to take (child 1), (child 2) and (child 3) to school and take (child 4) to Nanna’s house (or Nanna may come here).</td>
</tr>
<tr>
<td></td>
<td>3:30 pm</td>
<td>(Mum) (or (Dad)) will return home with the children from school and you will usually be finished for the day.</td>
</tr>
<tr>
<td></td>
<td>4:00 pm</td>
<td>(child 1) and (child 2) have tennis lessons from 4pm ((child 2) for 1 hour and (child 1) for 2 hours). (Mum) or (Dad) will take the children to these lessons but if one of us is not available, you may need to look after the other children.</td>
</tr>
<tr>
<td><strong>Wednesday</strong></td>
<td>7:00 am</td>
<td>The children normally wake around 6:30 – 7:30 am. (Mum) and (Dad) usually give them breakfast and get them dressed for the day.</td>
</tr>
<tr>
<td></td>
<td>8:00 am</td>
<td>You will need to be ready to start the day by 8am and help (Mum) finish getting the children ready for school.</td>
</tr>
<tr>
<td></td>
<td>8:15 am</td>
<td>(Mum) will leave to take (child 1), (child 2) and (child 3) to school. (Mum) will also take (child 4) to Nanna’s for the day (or Nanna may come here).</td>
</tr>
<tr>
<td></td>
<td>11:15 am</td>
<td>(child 3) finishes preschool at 11:15 am but usually Nanna (Diane) or Poppa (Warren) will pick him up and look after him for the day.</td>
</tr>
<tr>
<td></td>
<td>3:30 pm</td>
<td>(Mum) (or (Dad)) will return home with (child 2) ((child 1) has after school care).</td>
</tr>
<tr>
<td></td>
<td>4:00 pm</td>
<td>(Mum) will take (child 2) to Ballet lessons for 45 mins.</td>
</tr>
<tr>
<td></td>
<td>Around 5.00 pm</td>
<td>(Dad) or (Mum) (or Nanna and Poppa) will collect (child 1) from afterschool care and return the children home.</td>
</tr>
<tr>
<td><strong>Thursday</strong></td>
<td>7:00 am</td>
<td>The children normally wake around 6:30 – 7:30 am. (Mum) and (Dad) usually give them breakfast and get them dressed for the day.</td>
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<td></td>
<td>8:00 am</td>
<td>You will need to be ready to start the day by 8am and help (Mum) finish getting the children ready for school.</td>
</tr>
<tr>
<td></td>
<td>8:15 am</td>
<td>(Mum) will leave to take (child 1) and (child 2) to school. You will have (child 3) and (child 4) for the day (see notes below).</td>
</tr>
<tr>
<td></td>
<td>Around 10:30 am</td>
<td>Morning tea for (child 4). Refer to section on food for snack suggestions.</td>
</tr>
<tr>
<td></td>
<td>Around 12:00 pm</td>
<td>Lunch for (child 4). Refer to section on food for lunch suggestions.</td>
</tr>
<tr>
<td></td>
<td>Around 2:30 pm</td>
<td>Afternoon tea for (child 4). Refer to section on food for snack suggestions.</td>
</tr>
<tr>
<td></td>
<td>3:30 pm</td>
<td>(Mum) (or (Dad)) will return home with (child 2) ((child 1) has after school care) and may drop her off and return to work before collecting (child 1).</td>
</tr>
<tr>
<td></td>
<td>Around 5.00 pm</td>
<td>(Dad) (or (Mum)) will collect (child 1) from afterschool care and return home and you will usually be finished for the day.</td>
</tr>
</tbody>
</table>
### Daily Routine for 2013

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
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<tbody>
<tr>
<td>7:00 am</td>
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<td>8:00 am</td>
<td>You will need to be ready to start the day by 8am and help (Mum) finish getting the children ready for school.</td>
</tr>
<tr>
<td>8:15 am</td>
<td>(Mum) will leave to take (child 1) and (child 2) to school. You will have (child 3) and (child 4) for the day (see notes below).</td>
</tr>
<tr>
<td>10:00 am</td>
<td>(child 3) has gymnastics at Erindale from 10:00 – 11:00. Please pack some snacks for (child 4). Refer to section on food for snack suggestions.</td>
</tr>
<tr>
<td>Around 12:00pm</td>
<td>Lunch for (child 4). Refer to section on food for lunch suggestions.</td>
</tr>
<tr>
<td>Around 2:30 pm</td>
<td>Afternoon tea for (child 4). Refer to section on food for snack suggestions.</td>
</tr>
<tr>
<td>3:30 pm</td>
<td>(Mum) (or (Dad)) will return home with (child 1) and (child 2) and you will usually be finished for the day.</td>
</tr>
</tbody>
</table>

#### Weekends

You are welcome to join in family activities that we might be doing but you also have no obligations over the weekend.

(Mum) will do some housework like her (and (Dad) s) washing and any additional childrens washing.

### Notes for (child 4):

**Routine:** As (child 4) is still quiet young his routine is often changing. At the moment, he is usually waking in the morning (between 6 – 8 am) and has a 180ml bottle of formula (warm in microwave for 20 seconds and 3 level scoops of formula). He will have breakfast (just over 1 weetbix with warm milk) about 30 – 60 mins after his bottle. He may go to sleep with or without another bottle (usually around mid-morning). He will sleep anywhere from 15 minutes to 1.5 hours. When he wakes he may have his second bottle (if he didn’t have it before his nap). Otherwise, he has lunch around 12pm. This can be veggies (4 cubes of frozen veggies – just warm in the microwave), a packet or jar of baby food or a sandwich etc. He may or may not have a third bottle before his afternoon sleep which is just whenever he gets cranky (again, anywhere from 15 minutes to 1.5 hours). When he wakes he may have his third bottle (if he didn’t have it before his nap). (Mum) and/or (Dad) will usually be home after school so can take over looking after (child 4) then.

**Sleep:** (child 4) is usually a very easy baby. He has obvious tired signs (rubbing his eyes and getting cranky). Just change his nappy (if needed) and give him one of his dummies that are in his cot. The baby monitor will be in the living area so you can hear him when he wakes up.

**Nappies:** You will need to change his nappy every few hours (either before or after his sleep) or when he is dirty. Nappies and all the wipes and bags are in his room under the change table. Please place dirty nappies into the nappy bags and place the nappy bags in the green bin out the front near the carport.

**Entertainment:** We would like you to engage with (child 4). He is at an age where he is eager to play and learn. There are lots of toys to keep him entertained but please play with him and not just leave him to play himself for too long. He cannot be left alone because he will put anything he finds in his mouth. If you do need to leave him unattended for anything, consider putting him in the cot or highchair so that he is secure. (child 4) (as with all the children) will sleep and settle better if they have played outside or been walked outside in the fresh air.
**WEEKENDS**

Your weekends are your own free time for you to do as you please. However you are always welcome to join us for whatever we are doing and we will usually invite you for anything special such as trips to the coast, fishing, etc.

On occasion we may request babysitting on an evening or weekend outside of your normal hours of duty. We will give as much notice as possible in these situations.

During weekends and other off-duty hours please remember that you are a member of the household and not a guest to be waited on. Meals still need to be prepared, cleaning done, etc. Therefore as for any other member of the household a reasonable level of contribution is expected and appreciated.

**SCHOOL HOLIDAYS**

School holidays occur 4 times a year, approximately;

- April – 2 weeks
- July – 2 weeks
- October – 2 weeks
- December/January – 6 weeks

(Dad) and (Mum) may or may not have to work during these periods. Regardless it will be a busy time for everyone. The older children may attend a school holiday program for some days just to give them (and you) a bit of a change.

**BABYSITTING**

There may be odd occasions where (Dad) and (Mum) might go out for dinner or a movie or a work function. This is unlikely to happen more than once a month. You may also decide to offer your babysitting services to some of our neighbours and friends. You would normally be paid about $10 - $15 per hour if you choose to babysit other children.

**HOUSEWORK**

*Note: We understand that when you first start, it will be a bit overwhelming. It will take you a few weeks to get used to the routine, and the amount of work there is looking after the kids! We don’t expect you to be able to do everything listed here straight away. We will both help you. After a few weeks, and once you are comfortable with everything, then you will be able to cope with the things listed below much more easily.*

In the morning, the children will usually put their pyjamas in their room but there may be some toys and other items left out that will need to be put away.

Kids rooms and toy areas are to be kept tidy. We try to encourage the kids to tidy up after themselves, and help when we are cleaning up.

At the end of the day we all help with the evening routine. (Dad) or (Mum) will usually cook dinner (or you are welcome to cook dinner as well). The children normally eat a separate meal first and then they have bath and it is bedtime routine (read books in their beds, turn music on). We try to share the jobs, the children may ask you to read them a book or one person may put the children to bed while another looks after (child 4) and another person clears the dinner dishes, stacks the dishwasher etc.
We try to keep a shopping list (on the fridge) of things we need at the supermarket. We tend to go shopping as required every few days. If you are out and pick up some items we will reimburse you. Please feel free to write on the list foods that you would like.

Please keep your room clean, no food scraps or dishes left in there too long etc.

**WEEKLY CLEANING**

Once a week (if time permits) please:

- vacuum the house (except the parents bedroom and ensuite). There is a separate vacuum cleaner head for carpets and another for wooden floors/tiles.

- clean the main bathroom/toilet using the cleaning products under the bathroom sink or on the bathroom window seal.

- mop the wooden/tiled floors (cleaning product is under the kitchen sink).

- wipe/dust surfaces throughout the house (eg. TV cabinets, children’s table).

- clean the kitchen - wipe all benches, kitchen cupboards and glass splashbacks (using just warm soapy water) and the stove top (using the green spray or ‘Jif’). Cleaning products are kept under the kitchen sink.

- clean the laundry (vacuum/mop floor and wipe the bench and sink).

- Washing and ironing. (Mum) will usually do a load of lights and darks on the weekends, feel free to include your clothes if you would like to. Other washing will need to be done mid-week as part of the weekly cleaning activity. Children’s clothing should be folded (some ironing for tops etc) and put away.

- Bedding. Children’s bedding and towels (and your own) should be changed every couple of weeks. For the children the doona cover can remain on but the top and bottom sheet and pillow cases should be changed. The doona cover should be washed every month or so.

**FOOD**

**DRINKS**: Please make sure the children always have their drink bottle with them. They can also have milk but the children tend not to drink any soft drinks or cordial and only occasionally have juice.

**BREAKFAST**: (Mum) and (Dad) will usually get breakfast for the children. They may have cereal such as Cocopops or Weetbix, yoghurt or rice cakes with butter (and vegemite or peanut butter). Sometimes (child 1) may have eggs on toast and on weekends the children are allowed to have nutella (they call it chocolate) toast or sandwiches.

**LUNCH**: (child 2) likes butter or vegemite sandwiches (white break or raisin bread). (child 3) likes peanut sandwiches. The children also have two minute noodles with cut up hot dogs. Sometimes I will make them a ‘picnic’ for lunch which is just a combination of things like sandwiches, fruit cake, biscuits, fruit etc.

**DINNER**: Generally (Mum) and (Dad) will cook dinner for the children. There will often be meals in the freezer (tuna mornay with rice, cheesy pasta sauce) or we will cook vegetables with chicken nuggets and fish.

**SNACKS**:
Some ideas for snacks for morning and afternoon tea:

- popcorn (we have a popcorn maker),
- carrot sticks and Jatz biscuits with dip (French Onion soup mixed with sour cream),
- sultanas,
- savoury biscuits,
- corn/rice cakes (you can spread them with butter or butter and vegemite or peanut butter but only if they are going to be eaten straight away as they go soggy after half an hour or so),
- cruscuits (you can spread them with butter and vegemite but only if they are going to be eaten straight away as they go soggy after half an hour or so),
- Yoghurt,
- home baked items (such as banana cake, cookies, cupcakes),
- fresh fruit – bananas, apple, pears
- A couple of sweet biscuits

Sometimes we make up a picnic for them using the green serving dish in the food pantry.

**MEALS**

Your meals are provided when you are with us. Lunchtimes when we are at work you may prepare lunch for yourself from whatever is available, or eat leftovers saved from a previous meal.

Dinner will be prepared by (Dad) or (Mum) after they return from work. You may be asked or offer) to help with preparing vegetables, salad etc. If you would like to cook some meals it would be appreciated.

You are generally free to help yourself to whatever is in the fridge or pantry but if you use the last of anything then please let us know. We have a shopping list on the fridge you may add to. If you have any special requirements, tastes or preferences, then please let us know so we can include them in the regular grocery shopping and weekly menus.

**HEATING AND AIR CONDITIONING**

Canberra gets cold during winter months and fortunately we have central heating system in the house. We tend to keep the house at about 20 degrees during the day and 18 degrees overnight. For hot weather there are airconditioners throughout the house (every bedroom and the main living area). When running the air conditioners, make sure all external windows and are closed. Please do not leave airconditioners on if you are not going to be in the room.

**OTHER POINTS**

**Going outside**

Please remember to put sunscreen on as the kids have fair skin and burn easily! Reapply sunscreen if they are going out again in the afternoon. Make sure they wear a hat on sunny
days. During the months Sept-March this is important. June-August they don’t need to worry.

We try to encourage outside play as much as possible (weather permitting). We have already had a couple of broken bones ((child 1) and (child 2)) from the trampoline so there is a strict rule of one person at a time (unless (child 4) and (child 2) are playing ring a rosie or something similar).

Make sure you lock the doors when you leave the house, and turn off the heater/air conditioner and lights/TV etc. and set the house alarm.

**Television and Computers (Playstation and Wii)**

We try to limit the time the children watch TV and play electronic games. They usually watch TV in the mornings before school and after school/in the evenings. The weekends are more relaxed for playing playstation and Wii.

**Arts, Crafts and Other Activities**

Playdough, painting, colouring and general games are kept in the cupboard next to the computer and on the book shelf in the lounge room. Other toys and activities are in the rumpus room. The children love doing these sorts of activities (on a daily basis). Please try to get into the habit of cleaning up with the children after each activity, before you move on to something else. This will make it easier to keep the areas tidy and will teach the children to clean up after themselves.

**Discipline**

Do give them lots of praise – it is better to encourage them with positive reinforcement rather than negative discipline. We teach them good manners – please, thankyou and you’re welcome. We also encourage sharing and playing nicely together. If they do something wrong we try to use a time out concept (one warning about ‘unacceptable behaviour’ stating that after the first warning, the next action will be time out for the number of minutes relevant to their age – like Super Nanny).

**Toilet**

(child 1), (child 2) and (child 3) are all toilet trained. (child 3) may need to be reminded to go to the toilet throughout the day. The children often use the toilet in our ensuite which is fine. They need to be reminded to flush the toilet and wash their hands.
AU PAIR INFORMATION

Your Room

Our house is a 6 bedroom house (and a cinema come guest room downstairs) so there is plenty of room. Your room has a queen size bed and small couch. It also has a TV and Blu-Ray player and we have a large number of movies on our home media. Your room is your own private space into which neither we nor the children will normally enter unless invited. However please keep it clean and tidy. Please ensure that you don’t leave your airconditioner on for excessive amounts of time.

Car

When you are confident driving, you may use the Nissan Xtrail (automatic). You may take the children in this car but be sure that are correctly fitted into their car seats. It is never safe to leave the children in the car by themselves if you are out somewhere. (For example, if you go to the store, you must take them inside with you because it is not safe to leave them in the parked car.) You may also use this car during your time off for local travel provided that it is available. We will look after petrol for the car within reason.

If you have a car accident during your work hours, we will pay for any damages to the car, even if the accident was your fault. If you have a car accident while you are off-duty, and it is your fault, you will be responsible for paying the excess charged by our insurance company ($625). If you have an accident while off-duty and it is not your fault, you will be responsible for paying half of the excess and we will pay for the other half. If you have a car accident, it may increase the price of our insurance for several years, so please drive very, very carefully!

Internet

We have wireless internet throughout the house. We have spare laptops if you need to borrow one. Whilst watching the children, the internet/computer should be not used as we require for focus to remain on the children.

Mobile phone

We will provide you with a mobile phone that has $300 credit per month and has a 200MB data plan as well. International calls and SMS texts are not included in the cap but we are happy for you to use the home phone to call home (or of course skype is free 😊). Whilst watching the children, you should not use the internet/phone for activities such as facebook or excessive texting and we require your focus remain with the children.

Socialising and Facebook groups

Canberra is a very social town and there is a great au pair community. The quality of your time living in Canberra will be greatly improved by your making friends and socialising with other au pairs. This is something we encourage and support as a host family. There are many au pairs living here and a good way to connect with and meet them is by joining the Facebook group “Au Pairs in Canberra”. There are other facebook groups such as aupairsinaustralia and aupairsurfing which you may find useful. Once you have established
a group of local friends, you will soon find you have a busy social life and plenty to do in your spare time.

Every au pair and host family has different arrangements and varied pay and conditions. There is a tendency to discuss and compare but please use your judgment when discussing our au pair arrangements.

**Visitors and Guests**

During work hours, please do not have any guests over to the house without talking to us about it first. Generally, we do not want guests in the house during your work hours unless they are other au pairs or friends caring for children, who come over for a playdate.

During non-work hours, you may have friends come over whenever you want. We want you to feel like this is your house, too – and we will look forward to meeting your friends! Please talk to us in advance if you wish to have a friend stay overnight. Please understand that we do not allow male guests to stay overnight. We want you to enjoy your time here but please ensure that you are well rested on those days that you have responsibility for the children.

**Personal and Medical Expenses**

Personal items such as toiletries, shampoo, toothpaste, medicines and any medical expenses are your responsibility. Please ensure that you have adequate travel and health insurance for the duration of your time in Australia. You will continue to be paid during times of minor illness.

**Drugs and Alcohol**

Please ensure that you do not consume alcohol when on duty. If you drink while you are out socialising then it is not our business but you are expected to be fit for duty the following morning if you are looking after the children. Illegal drug use including marijuana is unacceptable at any time. Please disclose if you are taking any prescription medication. All medications must be kept out of sight and out of reach.

**Pocket Money and Time Off**

We have agreed to give you $230 per week pocket money into a bank account of your choice. If you haven’t got one setup we can help you do this or pay you cash until this is set up. We are pretty flexible with time off if you would like to travel and can arrange for a long weekend if you want to travel further abroad.
PLACES TO GO WITH THE CHILDREN

LOCAL


Local Playgrounds (Chifley or Lyons)


Woden Westfield - the kids enjoy having a play at the indoor playarea (‘the pirateship’). This is a good activity if the weather is bad. The playarea is on the ground floor, next to JB HIFI.

BIGGER ADVENTURES

National Zoo - nice to go on days where it’s not too hot, but not too cold ([http://nationalzoo.com.au/](http://nationalzoo.com.au/))

Questacon - lots of fun. The kids can easily spend a whole day at Questacon and there is a 0 – 6 ‘Mini Q’ area. We have an annual pass to Questacon. ([http://www.questacon.edu.au/#canberra](http://www.questacon.edu.au/#canberra))

Botanical Gardens - lots of green areas for the kids to run around. Other than that they have a kids discovery path, where the kids have to guess which animals live in the different habitats and what their food sources are.

Old Parliament House - there is a couple of kids areas, where they can build with blocks, read a story, make arts and crafts and so on. ([http://moadoph.gov.au/](http://moadoph.gov.au/))

War Memorial - Weekly storytime. Every Friday at 10 am they have storytime for young kids. The kids get to dress up and are told stories about the navy, army and airforce. At the war memorial they also have a kids area (the discovery zone) with a helicopter simulator, a submarine and other areas where the kids can interact and role play. ([http://www.awm.gov.au/events/](http://www.awm.gov.au/events/))

National Museum - besides a big area outside, where the kids enjoy running around (over a hill and under a tunnel), the have an area, where you can create your own spaceship and when you’ve finished, you get to watch a 3D-movie of your spaceship. ([http://www.nma.gov.au/](http://www.nma.gov.au/))

Monkey Mania - indoor play area at DFO shopping centre.

Lollipops - indoor play area at Majura Park shopping centre (at the Airport).

Keep track of all your expenses when you take the kids out and we will reimburse you. If you prefer we can give you the money up front and you can give us the receipts as you spend it.
LOCAL

Telstra Tower
Parliament House
Botanic Gardens
Old Parliament House
National Museum
National Library
Canberra Walk in Aviary
Tidbinbilla National Park
Kambah Pools
Wine Tours (Yass, Murrumbateman)
Lake Burley Griffin
The embassies
War Memorial
Red Hill lookout or Mount Ainslie lookout

BIGGER ADVENTURES

Sydney (NSW)
- Opera House
- Harbour Bridge
- The Rocks
- Sydney Aquarium
- Sydney Wildlife
- Bondi Beach and Manly Beach
- Taronga Zoo
- Sydney Tower Eye or instead ‘The summit restaurant’ (expensive restaurant that spins around 360 degrees – you could go up for a drink)

Great Ocean Road (Victoria)

ANYTHING ELSE

? Please ask, if there is anything you don’t understand or would like more information 😊