

Free Au Pair Interview Checklist

Use this checklist before a first host family interview or video call. It helps au pairs ask practical questions about children, daily life, privacy and expectations.

Why this checklist helps

A checklist helps au pairs ask clear questions before deciding based only on a friendly first impression.

Read the full guide

</blog/questions-au-pairs-should-ask-host-families>

Au Pair Interview Checklist

Tick off each section before or during the first video call.

Before the call

- I have read the host family profile carefully.
- I have written down the most important things I want to understand.
- I know which practical details matter most to me.
- I am not using the call to say yes too quickly.

Questions about the children

- Ask what the children's personalities are like.
- Ask what they enjoy doing after school or on weekends.
- Ask what helps when they are tired, upset or overwhelmed.
- Ask about allergies, routines or sensitivities that are important.

Questions about the role

- Ask what a normal weekday would look like.
- Ask which tasks happen daily and which happen only sometimes.
- Ask whether cooking, cycling, swimming or public transport may be needed.
- Ask what to do if you are unsure about something during the day.

Questions about living together

- Ask about your room and shared spaces.
- Ask whether meals are usually together or separate.
- Ask how the family balances family time and privacy.
- Ask what weekends and evenings usually look like.

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After the call

- Write down anything that still feels unclear.
- Check whether the role sounded realistic.
- Do not ignore small doubts just because the family seemed friendly.
- Ask a follow-up question before deciding if something matters to you.