

Free Au Pair Profile Checklist

Use this checklist before starting conversations with host families. It helps you review whether your profile is clear, honest and useful.

Why this checklist helps

Many early conversations become confusing when basic profile details are missing or filled in too quickly. A clear profile does not need to be perfect, but it should make the important things easy to understand before a first message or video call.

Read the full guide

</blog/how-to-create-a-great-au-pair-profile>

Au Pair Profile Checklist

Tick off each section before you update or share your profile.

Basic profile details

- My name, age and home country are clear.
- My availability is clear, including preferred start date, end date and duration.
- I have mentioned the languages I speak.
- I have included my current study, work or daily life situation if relevant.
- My profile gives a quick sense of who I am.

Childcare experience

- I have described the ages of children I have cared for.
- I have explained what kind of childcare experience I have.
- I have included examples such as babysitting, family care, camps, coaching or tutoring.
- I have mentioned routines I feel comfortable with, such as meals, school runs, playtime or bedtime.
- I have been honest about what I have not done yet.

Personality and family fit

- My profile shows my personality in a natural way.
- I have included hobbies or interests that say something about me.
- I have explained what I enjoy doing with children.
- I have mentioned whether I am more calm, active, creative, sporty, social or independent.
- I have described what kind of family rhythm may suit me.

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Practical comfort level

- I have said whether I am comfortable cycling.
- I have said whether I am comfortable cooking simple meals.
- I have mentioned if I can swim or help around water.
- I have explained whether I feel comfortable with babies, toddlers or older children.
- I have been clear about anything I would still need to learn.

Daily life and expectations

- I have thought about what living with a family may feel like.
- I have been honest about how independent or social I am.
- I have considered whether I would enjoy shared meals, family time or a more independent rhythm.
- I have mentioned food preferences, allergies or other practical details if relevant.
- I have avoided promising things just to sound flexible.

Photos

- I have added a clear and friendly photo of myself.
- My photos feel natural and appropriate.
- I have avoided using only party photos or unclear group photos.
- My photos help a family imagine who I am in daily life.

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Final profile check

- My profile sounds warm, honest and clear.
- The most important practical details are easy to find.
- I have not exaggerated my experience.
- I have removed vague phrases that could create confusion later.
- My profile gives host families useful starting points for a first conversation.