

# Free Host Family Interview Checklist

Use this checklist before a first au pair interview or video call. It helps host families ask practical questions about childcare, routines, living together and communication.

## Why this checklist helps

A checklist helps you keep the first conversation warm and practical without turning it into an exam.

## Read the full guide

</blog/au-pair-interview-questions-for-host-families>

# Host Family Interview Checklist

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

## Before the call

- We have read the au pair's profile carefully.
- We know what we want to understand from the first conversation.
- We have written down our most important practical questions.
- We are not using the call to pressure anyone into a quick yes.

## Childcare experience

- Ask which ages of children the au pair has cared for before.
- Ask which childcare tasks feel comfortable and familiar.
- Ask what the au pair would still need help learning.
- Ask how the au pair responds when a child is tired, upset or not listening.

## Daily routines

- Talk about morning, afternoon and evening routines.
- Explain school runs, activities, meals and bedtime if relevant.
- Discuss whether cycling, cooking, swimming or public transport may be needed.
- Check whether the expected rhythm sounds realistic to the au pair.

## Living together

- Explain the au pair room and shared spaces.
- Talk about meals together or separately.
- Explain what family involvement means in your home.
- Talk about privacy, downtime, weekends and evenings.

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## After the call

- Write down anything that still feels unclear.
- Check whether expectations sounded realistic.
- Do not ignore small doubts just because the conversation felt friendly.
- Agree on the next step only if both sides want to continue.