

Free Host Family Profile Checklist

Use this checklist before starting conversations with au pairs. It helps you review whether your family profile is clear, warm and realistic.

Why this checklist helps

Many early conversations become confusing when family details, expectations or daily routines are described too vaguely. A clear profile helps au pairs understand what daily life may actually feel like before a first message or video call.

Read the full guide

</blog/how-to-create-a-great-host-family-profile>

Host Family Profile Checklist

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

Basic family details

- Our family name, location and basic household details are clear.
- We have described who lives in the home.
- We have mentioned the children's ages and daily routines.
- We have described our home in a simple and honest way.
- We have avoided making the family sound perfect or overly polished.

Children and routines

- We have described each child's personality in a practical way.
- We have explained school, daycare, activities or regular appointments.
- We have included morning, afternoon and evening rhythm where useful.
- We have mentioned food, allergies, sleep, screen time or other important routines.
- We have explained what usually helps when a child is tired, upset or overwhelmed.

Au pair role and expectations

- We have explained the main childcare tasks clearly.
- We have described light household tasks without making the role sound too broad.
- We have mentioned typical working hours or rhythm if we already know them.
- We have explained whether cooking, school runs, cycling or activities are part of the role.
- We have kept expectations practical, warm and realistic.

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Family life and involvement

- We have explained whether we usually eat together or separately.
- We have described how involved we expect the au pair to be in family life.
- We have mentioned whether weekends and evenings are usually private or sometimes shared.
- We have made it clear that the au pair can have privacy and free time.
- We have avoided vague phrases like 'part of the family' without explaining what that means.

Home, room and daily comfort

- We have described the au pair room honestly.
- We have mentioned bathroom arrangements and shared spaces.
- We have explained transport options such as bike, public transport or walking routes.
- We have included useful daily-life details such as Wi-Fi, laundry or meals if relevant.
- We have thought about what would make a new person feel comfortable in our home.

Photos

- We have added clear and friendly photos.
- Our photos show the home, family or everyday rhythm in a natural way.
- We have avoided using only holiday photos or overly staged pictures.
- Our photos help an au pair imagine daily life with us.

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Final profile check

- Our profile sounds warm, honest and clear.
- The practical details are easy to understand before a first conversation.
- We have not made the role sound easier, busier or more flexible than it really is.
- We have removed vague expectations that could cause confusion later.
- Our profile gives an au pair useful starting points for a first message or video call.