

Red Flags & Match Clarity Checklist

A printable checklist for host families and au pairs to reflect on daily life, expectations, possible red flags and values match before saying yes.

Use this when

A match seems possible, but something still feels unclear. It helps you pause, name the doubt and decide what to ask before moving forward.

Related guide

</blog/red-flags-before-matching-with-an-au-pair-or-host-family>

Checklist

Tick what feels clear. Circle anything that needs a follow-up question before saying yes.

Daily life clarity

- I understand what a normal weekday would look like.
- The busiest moments of the day have been discussed.
- Tasks and expectations feel clear, not vague.
- Both sides understand what is not part of the role.

Children and childcare fit

- The children's personalities and routines have been discussed honestly.
- Difficult moments with the children have been mentioned realistically.
- The au pair's comfort level with the children's ages and needs feels clear.
- The first weeks of childcare support have been discussed.

Communication and feedback

- Both sides can ask practical questions without pressure.
- Feedback style has been discussed.
- There is a clear way to ask questions during the first weeks.
- Difficult or unclear moments can be discussed calmly.

Values match

- Parenting style and daily family values feel compatible.
- Privacy, free time and family involvement have been discussed.
- Reliability, flexibility and independence mean similar things to both sides.
- The way both sides handle conflict or unclear expectations feels healthy.

Possible red flags

- I do not feel rushed to say yes.
- Important questions are not being avoided.
- The answers feel consistent and realistic.
- My doubts are being taken seriously.

Checklist

Final decision

- The match feels warm, clear and realistic.
- Any remaining doubts have been named.
- One more follow-up question or call is planned if needed.
- I am saying yes because it feels right, not because I feel pressured.

Notes before deciding
