

Make school routines easier with an au pair



Between drop-offs, homework, and after-school activities, school days can feel overwhelming. An au pair can help your family stay on track and bring fun, cultural learning into everyday moments!

With up to 45 hours of childcare coverage each week, au pairs can help with:

- Morning routines and making sure kids get to school on time
- Afternoons and after-school care
- Homework support and study time
- Driving to practices, lessons, or playdates
- Packing school lunches or preparing meals
- Kids' laundry and keeping their spaces tidy
- Occasional evening and weekend coverage

Plus, your children get to build confidence and curiosity by discovering a new language and culture right at home.

About au pairs:

Au pairs are young adults (ages 18–26) who travel to the U.S. on a cultural exchange program. They live with your family, experiencing American life and culture while helping care for your children.



Scan QR code to learn more about hosting an au pair—or visit culturalcare.com/peachjar-ca

