AuPairCare by Intrax

Sample Pre-Departure Project
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Section 1: My American Family

My American Host Family
Holly is my future host mom. She is a fashion designer and runs her own enterprise.

She is from London but moved to the US after college.

She is passionate about traveling, discovering new things and arts & crafts. Holly’s hobbies are skating, painting and having adventures with her kids.

Her favorite food is gazpacho and I have promised to teach her how to make it if she gives me her brownie recipe (The family says it is delicious!)
Section 1: My American Family

Josh Miller

Josh is my future host dad. He is an architect (He built his own house!!)

He studied in Barcelona for his year abroad at college so he speaks some Spanish!

He is crazy about his new baby and is excited to play football and with him (Miller girls are not really into that)

Some of his hobbies are snowboarding, kite-surfing and biking. He also plays guitar and sings in a indie-rock band called “The Roller-Coasters”
Olivia & Martha Miller

Olivia and Martha are twins. They are 6 years old, they love each other but have totally opposite hobbies and personalities.

Olivia is very girly, she always wears dresses and she wants to become a clothing designer like her mummy - but for dolls! She is very sociable, calm and her favorites activities are painting, playing with dolls and completing puzzles. She also loves ballet.

Martha loves outdoor activities and science. She wants to become a biologist to study butterflies and flowers, activities which she already does in the backyard!

Both girls love their baby brother Nick and are really excited to be big sisters!
And now the prince of the house!

Nick will be 5 months old when I arrive at the Miller’s house.

He is the one who I will spend the most time with and I can’t wait to meet him!

He is a very smiley boy and...well, we don’t know yet what he will become, but he always has trucks and cars in his little hands!
Kitty

And last but not least here is Kitty.

Kitty is the pet of the family and she was with the Millers even before the twins were born.

She loves to climb in trees and explore!
Kirkland is a city in King County, Washington, United States. It is a suburb of Seattle on the Eastside of Lake Washington. It is the 6th largest city in King County and the 12th largest city in the state. Features of the city include the unique downtown waterfront, the only Eastside downtown frontage along Lake Washington’s shoreline!

With restaurants, art galleries, a 400 seat performing arts center, public parks, beaches, and a collection of public art sculptures, Kirkland will be a great place to live!
Developmental Milestones 0-12 Months

Babies can only cry to communicate. Reasons for crying include hunger, illness, boredom and discomfort.

Babies will develop rapidly during this time, developing head control, beginning to put weight on their legs when held and much more.

Babies will begin to recognize your face around 3 months and then at 6 months be able to turn toward sounds and voices.
**Section 2: Developmental Milestones**

**Developmental Milestones 1-3 Years Old**

<table>
<thead>
<tr>
<th>Physical</th>
<th>Mental</th>
<th>Social</th>
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<tbody>
<tr>
<td>Toddlers love to run, climb and get into everything. They are learning the world around them and may have temper tantrums, stubbornness and strange eating habits. But they are still lots of fun!</td>
<td>Curiosity is a big part of development for this age group. They are using their imaginations and the stories they tell you are creative and elaborate.</td>
<td>During this age toddlers are beginning to be more social with other children but they still like to be close to their caregivers. They also need guidance when playing with others.</td>
</tr>
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</table>
**Physical**

Children this age love to play and run. They enjoy activities like playing catch and jumping rope. Their ability to understand games and rules, combined with their increased physical capabilities, means they have an easier time playing and greater interest in team sports.

**Mental**

This age group better understands the difference between real and imaginary. This leads them to be more interested in real things, like helping to make food in the kitchen instead of pretending to cook in a play kitchen. With longer attention spans, 6 years olds are capable of handling more complicated tasks. Reading typically takes off at 6 years old with an increased interest in writing their own stories.

**Social**

Be prepared for frequent friendship changes! There is little continuity in friendships during this year. 6 years old enjoy being the center of attention, can be bossy, and may cry easily. However, at this age, a child is interacting well with people and can carry on interesting conversations and ask questions of others.
## Developmental Milestones 7-9 Years Old

<table>
<thead>
<tr>
<th>Physical</th>
<th>Mental</th>
<th>Social</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kids this age are refining the physical skills they've gained over the past few years. They are improving in hand eye coordination and enjoying greater strength and speed.</td>
<td>Children of this age are very curious about the world around them. Expect lots and lots of questions! They are able to concentrate for longer periods of time and can follow basic reasoning. This is a great age range to get them using child friendly websites and introduce research tools.</td>
<td>At this age kids are right at the border of needing some guidance when playing with others and being able to problem solve conflicts themselves. They are starting to keep friendships for long periods of time and may even start to feel some peer pressure. Adults however are usually still their primary role models.</td>
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## Developmental Milestones 10-12 Years Old

### Physical
As children approach adolescence they may hit a growth spurt. The speed of development may be more pronounced in girls than in boys.

### Mental
Expect rapid mental development around this age. Kids will have the ability to gather information and formulate well-organized opinions and thoughts. They will also have a greater understanding of the consequences of their actions and will be thinking much more critically than ever before.

### Social
Kids at this age are influenced a lot by their peer groups, friendships are stable and peer approval may be prioritized over that of authority figures.
**Fruity rocket Ships**

**Preparation time:**
3 minutes

**Ingredients:**
- 11.5cm-thick slice of seedless watermelon, peeled
- 2 strawberries, washed, hulled
- 1 small banana, peeled

**Directions:**
Cut watermelon into 4 small triangles. Trim one corner from each triangle. Thread watermelon triangles, long-side down, onto small wooden skewers. Cut strawberries in half lengthwise. Thread, hull-side down, onto the skewers. Cut banana in half, then cut each piece in half lengthways. Thread onto the skewers. Cut pineapple into 4 small triangles. Thread onto the skewers to make the top of each rocket ship.
Caterpillar Sandwiches

Preparation time:
15 minutes

Ingredients:
Tuna and sweetcorn
Egg and salad
Cheese and salad
Hummus and cucumber
Chicken and salad
Beef, cheese and carrot
Turkey and cream cheese

Directions:
Cut bread into circular shapes and place on a plate. Pile the tuna on one side of the bread.
Top with grated carrot and shredded lettuce. Top with another circle of bread. Repeat these steps to make lots of sandwiches. Turn sandwiches on their sides so they make a caterpillar shape.
To make the caterpillar legs, cut a piece of cucumber into quarters and place along the body of the caterpillar.
Add a cherry tomato to the start of the caterpillar to make a head.

Source: smartstartforkids.org.au
Fruity Smoothies

Preparation time: 3 minutes

Ingredients:
10 ounces of frozen mixed berries
15 ounces of can sliced fruit (My favorite are peaches!)
2 Tablespoons honey

Directions:
In a blender, combine frozen fruit, canned fruit and honey.
Blend until smooth

Source: Smoothieideas.com
A Hole in the Fence

Gradually, the number of nails hammered to the fence got smaller and smaller, until the day arrived when no nail was hammered! The boy proudly told his father that he hadn’t hammered any nails and hadn’t lost his temper!

So his father challenged him again this time to remove the nails every day he controlled his anger. Several days passed and the boy was able to pull out all but a few of the nails from the fence.

The boy told his father how he’d pulled out all the nails. His father pointed to the hole and asked him ‘What do you see there?’

The boy replied, ‘a hole in the fence!’

The father explained to his son, “The nails were your bad temper and they were hammered on people. You can remove the nails but you’ll still see the holes. Some of the nails may never come out, and the fence will never be the same. Your bad temper and anger were like that! Words can be very hurtful! Use words for good. Use them to embrace the relationships. Use them to show your heart!”

Source: kidsworldfun.com
Finally, the first man prayed for a ship, so that he and his wife could leave the island. In the morning, he found a ship docked at his side of the island. The first man boarded the ship with his wife and decided to leave the second man on the island. He considered the other man unworthy to receive God's blessings, since none of his prayers had been answered.

As the ship was about to leave, the first man heard a voice from heaven booming, "Why are you leaving your companion on the island?"

"My blessings are mine alone, since I was the one who prayed for them," the first man answered. "His prayers were all unanswered and so he does not deserve anything."

"You are mistaken!" the voice rebuked him. "He had only one prayer, which I answered. "His prayers were all unanswered and so he does not deserve anything."

"Tell me," the first man asked the voice, "What did he pray for that I should owe him anything?"

"He prayed that all your prayers be answered."

For all we know, our blessings are not the fruits of our prayers alone, but those of another praying for us.

Source: kidsworldfun.com
Spanish Lullaby

Duérmete mi niño, duérmete mi amor
duérmete pedazo de mi corazón.
Este niño mío que nació de noche
quiere que lo lleve a pasear en coche.
Este niño mío que nació de día
quiere que lo lleve a la dulcería.
Duérmete mi niño, duérmete mi amor
duérmete pedazo de mi corazón.

Popular Spanish Song

Al corro de la patata
comeremos ensalada
como comen los señores
naranjitas y limones
¡Achupé! ¡Achupé!
¡Sentadita me quedé!

Popular American Song

Five little monkeys swinging in the tree
teasing Mr. Alligator can't catch me can't catch me
along came Mr. Alligator quiet as can be and snapped that monkey out that tree

Four little monkeys swinging in the tree
teasing Mr. Alligator can't catch me can't catch me
along came Mr. Alligator quiet as can be and snapped that monkey out that tree

Three little monkeys swinging in the tree
teasing Mr. Alligator can't catch me can't catch me
along came Mr. Alligator quiet as can be and snapped that monkey out that tree

Two little monkeys swinging in the tree
teasing Mr. Alligator can't catch me can't catch me
along came Mr. Alligator quiet as can be and snapped that monkey out that tree

One little monkeys swinging in the tree
teasing Mr. Alligator can't catch me can't catch me
along came Mr. Alligator quiet as can be
and snapped that monkey out that tree

No more monkeys swinging in the tree!
Section 4: Storytelling, Singing & Games

Games for 6-12 month olds

Play games to get the baby moving, thinking and exploring the world around him. Use a variety of activities that allow Nick to develop both whole body movement and fine motor skills.

Floor time

Let the baby out of his bouncy seat, stroller or swing so he can play on the floor and work on moving.

Help him

Change his position if he is unable to reposition himself. Help him move from back to tummy, from lying down to a crawling position.

Reach for it

Put toys just out of reach to encourage him to move toward the toys. Encourage him as he tries to move toward the toys.

Games for 6 year old kids

Children can now understand many games and how they work. At this age they are more likely to follow the rules.

- Play board games
- Bake cookies or other treats
- Have a dance party or sing karaoke
- Do an art project—paint, watercolor, draw
- Build a city using Legos or blocks

Outdoor Games & Activities

- Go for hikes
- Walk to and through the park. Stop and play on the playground
- Ride bikes
- Jump rope
- Encourage skill development in a sport they enjoy
- Play tag
Section 4: Storytelling, Singing & Games

Traditional Spanish Games for 6 year olds

1. A pares y nones

This traditional game is played with groups. Everyone joins hands in a circle and walks singing the song. Then, the leader calls out a number and everyone Hurries to form a group of that many people singing the next song:

A pares y nones / Evens and odds
vamos a jugar. / We are going to play.
El que quede solo / Whoever is left alone,
solo quedará. / will stay alone.

2. Veo veo

Veo, veo is the equivalent of I Spy, and it begins with a simple rhyme: a question-answer exchange.

1. Veo, veo. / I see, I see
2. ¿Qué ves? / What do you see?
1. Una cosita. / A thing.
2. ¿Qué cosita es? / What thing is it?

The game is great for practicing yes-no questions and all kinds of descriptive language.

3. Lobo, estas?

To play this traditional game, the children join hands and walk or skip in a circle. One child, the wolf, remains outside the circle, a short distance away. (An adult can also play the part of the wolf.) The children in the circle walk and sing Juguemos en el bosque mientras el lobo no está. Juguemos en el bosque mientras el lobo no está. Then they stop and ask ¿Lobo, estás? The wolf answers by saying that he is putting on a piece of clothing and acts out putting it on: Me estoy poniendo los pantalones. The kids in the circle sing the song and ask again, until at some point the wolf answers: Estoy con hambre. ¡Me los voy a comer a todos! and chases the others.
Section 5: Fine & Gross Motor Skills

Activities to develop fine motor skills

1. Mikado (Pick-up-sticks)
2. Origami
3. Cutting - using safety scissors
4. Sew
5. Clap your hands games
6. Coloring pictures with numbers
7. Collect flowers to create a floral wreath
8. Make necklaces with uncooked pasta
9. Build with Legos

Activities to develop gross motor skills

1. Mirror dancing game: One makes the moves and the others must copy it
2. Limbo dancing
3. Ball games (catching and throwing and other ball sports)
4. Head, shoulders, knees and toes song
5. Chairs game: The kids dance around a group of chairs (the number of chairs must be one less than the number of participants) until the music stops. Then they have to run and try to sit down in one of the available chairs
6. Balance on the curb
Section 6: Make Believe and Imitation

Imitation games help children to be creative and develop exciting new ideas, providing a perfect opportunity to lose themselves in imaginative new places and characters. These types of games are also a quick and easy break from the hum-drum of daily routines and give our kids a free opportunity to explore lots of fun and enriching role-play ideas. Here they are some ideas:

**Dress Up**
Dressing up is hugely therapeutic for kids and provides endless opportunities for role play games. Let them dress up as a favorite character, make a new outfit from the dressing up box or spend the afternoon as a fireman, fairy or pirate. If they're bored of the same old costumes, get some inspiration from our dressing up ideas - there's enough to keep you going for an entire year!

**At the Zoo**
Animal role-play is a clear favorite for younger children who love to experiment with different noises and movements. You could take the fun to the local wildlife park or zoo or keep it cheap with some home-made animal costumes and role-play games. They might want to be a lion or elephant for the day or mix it up by pretending to be different animals. A few craft activities can enhance their experience - try simple animal sketches, plasticine/play-dough models or a collage featuring all their favorite animals.

**Guess who?**
This child-like take on charades gives children a nice opportunity to boost their confidence and get creative. Start off by asking them to think of a person in your family or circle of friends and then try to describe certain attributes. Clues like ‘they have a black beard,’ ‘they work in a hospital and like to eat chocolate cake’ should help to get the rest of you on the right track and the person who guesses correctly takes the next turn. It’s simple but fun and gives you an interesting insight into how they see other members of the family!

**Dinner at the restaurant**
Give mealtimes an exciting new twist by turning your table into a restaurant. You don't need stacks of props to make this work - an apron or pillow case tied around your child’s waist make the perfect outfit, whilst hand written paper menus and chalk boards for ‘specials’ are ideal for adding the final touches to your restaurant. Ask your children to help you make the food in advance and time it perfectly for dad’s arrival. Once you’re all seated at the table, they are ready to take your order and deliver your drinks and meal to the table. They also get to help with clearing the table and washing up afterwards - perfect!
Activities and games encouraging social development are important to a child's growth. Some possible responsibilities that can be given to Martha and Olivia are:

1. Setting the table
2. Making their beds
3. Assisting in dinner preparation!
4. Watering the garden
5. Taking the dishes into the kitchen after meals
6. Clearing out the mailbox
7. Take care of Kitty, (the cat)

Here is a list of games that involve socialization and can be played by the entire family:

1. Shop: One player is the shop assistant and the other one is the client. This game teaches politeness and cooperation.
2. Trust Game: One of the kids closes their eyes and another person takes the hand and leads them on a walk. This teaches children to trust in another person, the responsibility for others and gross motor skills.
3. Pantomime: Explain words with pantomime. This is good to observe rules and learning to lose.
4. Simon says: Simon says get up! And everyone has to get up (But only if the words “Simon says” have been said before!) This teaches listening skills!
Section 8: Language Development

Children love to play with words! Describe word games, such as guessing games and tongue twisters. Here are some examples of activities to develop their language skills

1. Play Taboo: Explain a word without using certain related words

2. Find homonyms and make a sentence with each of the meanings

3. “I’m packing my bag”: The first one starts saying “I’m packing my bag and I put in (a coconut)” The second player repeats this sentence and adds another thing. “I’m packing my bag and I put in a coconut and sunscreen” The third player adds another thing...until one of the players can't remember all the things in the bag.

4. “Veo veo”: One of the players chooses a thing everybody can see and tell the other players the first letter of the word or the color of the object. Now they have to guess what the object is.
My name is Mariana Ortiz but everybody calls me Maui.

I’m a 22 years old Spanish girl from Barcelona. I just graduated and plan to become a school teacher. I love kids and it makes me supper happy to be around them all the time.

My other hobbies are knitting, drawing and dancing. I’ve been practicing ballet since I was 3 years old! I have work as ballet teacher for little girls the last three years. I’m the oldest of a very big family (I have 4 siblings and more than 20 cousins!) and I love to spend time with them all. They are a very important part of my life. Hope you get meet them some day!

I’m a very optimistic and happy person. I’m patient and responsible tooo. I love to organize fun events and make sure that everyone I’m with is having a good time together.
The Kingdom of Spain is a sovereign state located on the Iberian Peninsula in southwestern Europe. Its mainland is bordered to the south and east by the Mediterranean Sea, to the north and northeast by France, and Andorra, and to the west and northwest by Portugal and the Atlantic Ocean.

Some Facts & Figures about Spain

- Capital: Madrid
- Official language and national language: Spanish
- Recognized regional languages: Aragonese Asturian Basque Catalan Galician Occitan
- Area Total: 505,990 km² (195,364 sq mi)

Traditional Holidays in Spain

- Semana Santa
- San Juan
- Navidad
- Nochevieja

Popular celebrations

- Las Fallas, Valencia
- Feria de Abril, Sevilla
- San Fermin, Pamplona
- La Tomatina, Bunol
- Carnaval, Canarias & Cadiz
Section 10: Questions for my Host Family

♥ When does the day start at Miller’s home?
♥ Do any of the children have any allergies?
♥ Is there a schedule for each child? And for me?
♥ Do the twins have lunch at school?
♥ How does the family prefer the children to be disciplined?
♥ What kind of religion do they have?
♥ Do you meet your neighbors regularly?
♥ Who are the twin’s best friends?

♥ Are the twins allowed to eat sweets? How much?
♥ What about TV/Computer games?
♥ Are they any house rules?
♥ What does Olivia like? What are her dislikes?
♥ What does Martha like? What are her dislikes?
♥ What does Nick like? What are his dislikes?
♥ Am I invited to join in family events?
♥ Is there a list with emergency telephone numbers?
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