



LE GOUVERNEMENT
DU GRAND-DUCHÉ DE LUXEMBOURG
Ministère de l'Éducation nationale,
de l'Enfance et de la Jeunesse

Service national de la jeunesse

GOOD TO KNOW



AU PAIR AND CHILDREN

AN ADVENTURE FULL OF CONNECTION!

Welcome to the exciting world of being an au pair! It's much more than a simple exchange—it's a full immersion into a new culture, a human adventure... and most importantly, a special bond to create with the children in the host family. Here are our top tips to make this experience a truly happy (and fun!) time for everyone.



EVERY AGE HAS ITS OWN NEEDS

Each age group is its own little universe with its own set of “rules”!

- **0-3 years: the littlest ones**

They need lots of cuddles, attention, and presence. You'll feed them, change them, play, sing, comfort them... basically, you become their everyday hero! Be patient and attentive to their emotional needs, as they are still developing strong attachments.

- **3-6 years: the curious explorers**

At this age, they want to explore everything and do it “all by themselves.” Encourage their independence but keep an eye (or two!) on them. The keywords here: patience and kindness.

- **6-12 years: the learners**

They manage their day better but still need guidance: homework, a whirlwind of emotions, a strong desire for independence... This is a great time to introduce routines, responsibilities (with a smile), and good habits.



KINDNESS IS KEY

You are a key figure for the children, so adopt a positive and encouraging approach! Here are a few tips:

- **Let them (kind of) choose:** Let them decide whether to start with the puzzle or the colouring book. These small choices boost their confidence.
- **You're doing great!:** Praise good behaviour, even the simplest things. It's motivating!
- **Rules, but with a smile:** Be clear about what's allowed and what's not—and be consistent. No changing rules depending on your mood!

KIDS LOVE TO KNOW WHAT'S COMING

Nothing reassures them more than a well-structured routine: meals, homework, playtime, bedtime... A clear daily structure helps children feel secure and allows you to organize your day more easily too.

EVERY CHILD IS UNIQUE

Some are calm, others more energetic, some love cuddles, others are more reserved. Take the time to get to know them, listen to their needs, and adapt to their personalities. If they have specific needs (medical, emotional, academic...), be attentive and don't hesitate to discuss these with the parents.

TALKING WITH THE PARENTS = ESSENTIAL

You're not alone! The parents are your allies in this au pair adventure. Ask questions, check in regularly, share the good times and the little challenges. Good communication prevents misunderstandings.

LEARNING THROUGH PLAY

Games are your best friends. Build a fort, organize a painting workshop, go on a treasure hunt in the garden! Every activity is a chance to learn while having fun.

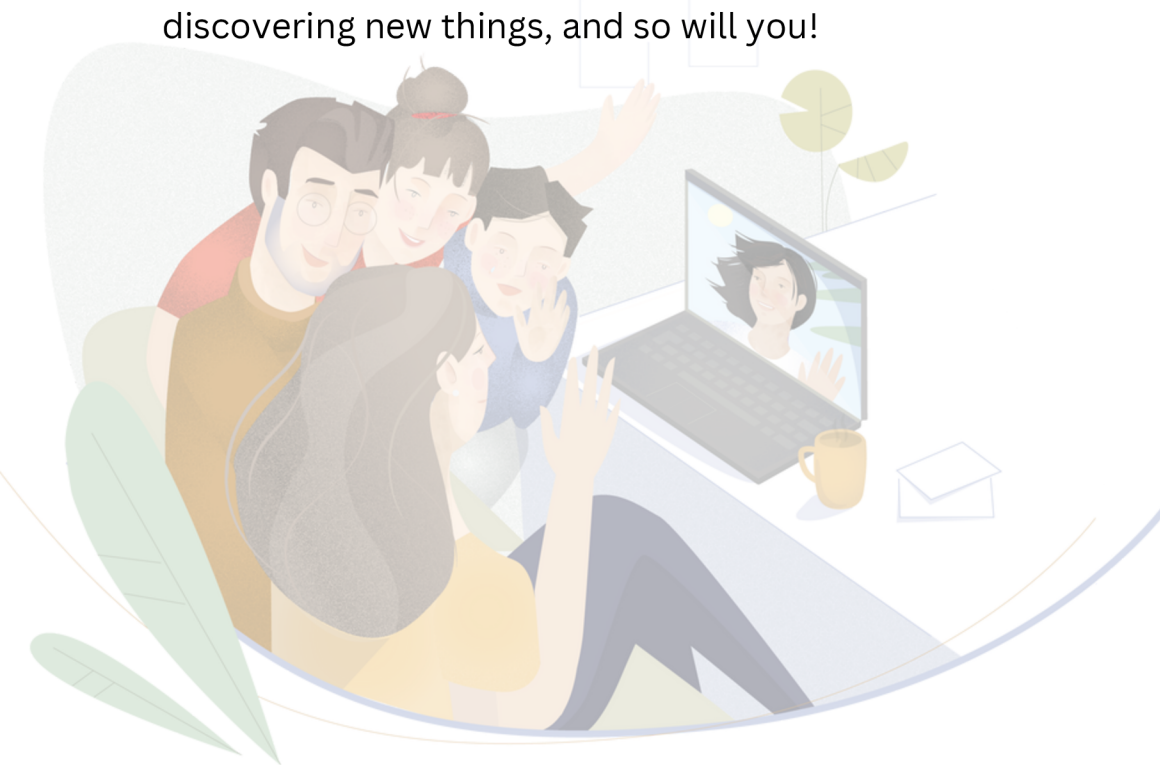


SCREENS—USE WITH MODERATION

Screens can be fun but should stay a small bonus. Follow the family's rules and suggest other fun activities: a walk, a story, a craft... and screens will quickly be forgotten!

SNACK TIME... AND CULTURAL TIME!

You're here to discover another culture—and share yours too. Tell stories from your country, teach them a song, cook a traditional dish... Kids love discovering new things, and so will you!



WHAT THE FAMILY ENTRUSTS YOU WITH IS PRECIOUS...

... their children. So always prioritize safety, trust, honesty, and respect. If you're unsure or something's wrong, speak up. You don't have to manage everything on your own.

FUN IDEAS FOR KIDS IN LUXEMBOURG

Wondering how to keep the kids entertained during your stay? Luxembourg has plenty of fun places and activities for children. Here are a few websites to explore: **Click on the title to open the link.**



1. Visit Luxembourg – Activities with children

The official tourism site of Luxembourg offers family-friendly activities all over the country: playgrounds, museums, castles, hiking trails, seasonal events... Perfect for planning discovery-filled days.

2. Kids in Luxembourg

A private initiative offering ideas for outings sorted by age, weather, or activity type. It also features upcoming events, walking suggestions, kid-friendly cafés, and birthday venues. Very practical and regularly updated.

3. Visit Maacher

In the mood for nature? This site highlights family activities in the Grevenmacher region in eastern Luxembourg. Walks along the Moselle, farm visits, outdoor parks, picnic spots—perfect for family time in the fresh air!

4. Visit Minett

Explore southern Luxembourg with this site listing child- and family-friendly activities: animal parks, interactive museums, nature trails, and old mines transformed into adventure parks. A real invitation to explore for all ages.

5. Ville de Luxembourg – Activities for children

The capital's site provides practical info on kids' leisure activities: creative workshops, sports, holiday camps, cultural events, libraries... Ideal to stay updated on local happenings.

6. Le Petit Web – Au pair special

The go-to site for au pairs in Luxembourg! It not only has ideas for child activities but also resources for you: tips, useful info, events, forums for au pairs... Think of it as your unofficial but complete survival guide!

Use these sites to create your own activity program. Between nature, culture, and games, there's plenty to make children's eyes sparkle and create great memories!



JUST IN CASE: USEFUL NUMBERS IN LUXEMBOURG

Police (Grand Ducal Police)
113 (Emergency)
244 40 10 (General contact)

Firefighters (Rescue & Fire Services)
112 (General emergency)

Rescue services (Ambulance)
112 (General emergency)

Emergency medical services (Doctor on call)
112 (Emergency)
247 855 (Information line)

An illustration of a person with dark hair sitting on a blue couch, reading a red book. They are wearing a white long-sleeved shirt and dark pants. To their right is a yellow lamp with a blue shade. In front of them is a small table with a green mug, a white remote control, and a small stack of books. To the left of the couch is a white door with a blue handle. The background is a light blue wall with a white outline of a window. The text 'IN SUMMARY' is written in bold blue letters at the bottom of the illustration.

IN SUMMARY

Being an au pair is a human adventure full of discoveries, emotions, and laughter. You'll learn so much, become part of a family, and live a real cultural exchange. Stay curious, kind-hearted—and above all, enjoy yourself!