

## **Au Pair Arrival Instructions for Newark Liberty International Airport, New Jersey**

Before leaving your home country, call your airline for allowed luggage weight. You are only allowed (50 pounds, 22 kilos) per bag. Anything heavier than that you will be charged a fee.

Call the airline to see what the fees will be if you think you will be over the weight limit.  
You are responsible for those fees.

**Airport Instructions:** After collecting all your bags and coming through immigration, proceed to the AirTrain which is a free monorail and take it to the P4 station. Go down to the public transportation area and call for the free hotel Shuttle Bus.

**Hotel shuttle:** The hotel shuttle bus comes every 10 minutes to the hour and 20 minutes after the hour. The shuttle bus will have Marriott on the front.

### **Hotel: Marriott Residence Inn**

83 Glimcher Realty Way

Elizabeth New Jersey 07201

Please call if you wait to long.

Telephone: (908) 352-4300

<http://marriott.com/property/propertypage/EWREB>

The hotel shuttle is free.

When you get to Newark and have all your bags, follow the instructions above for the hotel shuttle. Airport terminals with NO counter assistance, you should go to a Direct line self service phone and dial "22".

Their [www.goairporter.com](http://www.goairporter.com) you can make a reservation at home but you don't have to.

If you are not sure about any of the instructions ask someone who works at the airport for directions or help.

If you are still not sure what to do call,

**Au Pair Foundation help phone  
1-866-428-7242**

**IF YOU DO NOT TAKE Olympic Airporter – YOU ARE RESPONSIBLE FOR YOUR OWN  
TRANSPORTATION COSTS to the Au Pair Hotel.**

## Child Development Workshop For Au-Pair Caregivers

Read all information carefully.

**Please pack a small bag for your stay in the hotel, as you will not be able to get to your large bags until you leave to go to your host family.**

### Hotel Information:

**Breakfast served Daily by the Hotel**

Monday – Friday 6.30-8:30 a.m.

Saturday – Sunday 8:00 – 9:00 a.m.

**Dinner Served Monday – Thursday**

5.00- 7:00 p.m.

Lunch and Dinners on the other days will be the responsibility of Au Pairs.

### Day One of Workshop – Thursday

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|--------------------|---|
| 9:00 – 9:45am      | <b>Program Orientation with Au Pair Foundation Representative.</b><br><br>Au Pair to hand in the Pre Departure Project to instructor.   |
| 9:45 – 10:30am     | <b>Start overview of the First Aid/CPR/AED workbook.</b>  |
| 10:45 - 12:30 p.m. | <b>Workshop Warm- Up</b><br>a) Goals, expectations, concerns about the year ahead<br>b) Discussion about your own family experiences and child care experiences<br>c) Child care skills pre-assessment  |
| 12:30- 1:30 p.m.   | <b>Lunch Break – Preparing lunch skills</b>   |
| 1:30 – 2:30 p.m.   | <b>General Vocabulary Review</b><br>Common words in the videos and our discussions, for example: colicky baby, diaper rash, motor skills, breast pump, toddler, tantrums, and time outs.  |
| 2:30 – 4:15 p.m.   | <b>Baby Talk Video – One Step Ahead</b><br>Video- 60 minutes  |
| 4:15 – 4:30 p.m.   | <b>Break</b>  |
| 4:30 – 5:30 p.m.   | <b>Role-play exercises and Do's and Don'ts</b><br>Based on situations from the video and common issues you might encounter with an infant i.e. when to be concerned about a crying baby, when to call a doctor, how to deal with diaper rash.<br>The Do's and Don'ts with infants |
| 5:30 p.m.          | <b>Homework assignments</b><br>Review vocabulary, role-play situations and Au Pair Handbook   |

**Day Two of Workshop – Friday**

- 8:45– 9:15 a.m.**            **Homework Review**  
Vocabulary Pop Quiz
- 9:15 – 10:15 a.m.**            **DVD: Happiest Baby on the Block**  
DVD - 38 minutes  
Comprehension questions and review- 25 minutes  
Role Play technique – 10 minutes
- 10:15 - 10:30 a.m.**            **Break**
- 10:30 AM- 12:30 p.m.**        **DVD: Child Development –The First Two Years - 60 min**  
  
Discussion and Comprehension Questions for  
Child Development Milestones- 45 min  
Extra Vocabulary from DVD – 15 min
- 12:30- 1:30 p.m.**            **Lunch**
- 1:30- 3:30 p.m.**            **Navigating Tantrums- Discipline versus Punishment**  
**DVD: Happiest Toddler on the Block – 48 minutes**  
  
Techniques from Playful Parenting, Dr. Karp, the Au Pair Handbook  
and each other - 30 min  
Role Play techniques with difficult situations- 40 min
- 3:30- 3:45 p.m.**            **Break**
- 3:45 – 5:00 p.m.**            **Video: 10 Things Every Child Needs -60 min**  
  
Discussion - 15 min
- 5:00 – 5:30 p.m.**            **Skills Assessment Review**  
  
Test on Vocabulary, Au Pair Handbook & Role Play situations
- 5:30- 5:45 p.m.**            **Review Answers and results of test**
- 5:45– 6:30 p.m.**            **Video: Mindful Mediation Video –Introduce stress relief techniques**

**Day Three of Workshop - Saturday**

**10:00 a.m. - 5:30 p.m. Overall Review**

**Au Pair to fill out and hand in the Training Evaluation sheet in the back of the handbook.**

**General Phone Use:**

You may reach the Au Pair Foundation Program Administrator 24 hours a day.

Toll Free number is **1-866-428-7211**.

800, 866 are both Toll Free calls. This means you do NOT need any money to call these numbers.

When calling after office hours, listen for emergency prompt and your call will be transferred to the Program Administrator Cellular phone. This call can be made free from any public phone.

Program Administrator Cellular Phone: (415) 299-0803.

Regional director 1-866-428-7242

You can purchase international telephone cards at the shop in front of the hotel for \$5.00.

You will get approximately 150 minutes of calling time for \$5.00.

**Do not make calls from your hotel room** you will be charged extra fees.

Your hotel has **free internet access** on the first floor.

Your hotel has a swimming pool.

**Bring \$200.00 cash to the USA for spending money before you reach you host family.**