



Sample House Rules

House Rules for _____ Family

The following house rules are outlined to provide clear expectations and guidance for household operations:

- **Cleanliness and Tidiness:** The Nanny is expected to maintain a clean and tidy work environment, including cleaning up after activities with the child(ren) and following established household rules for cleanliness.
- **Safety:** The Nanny shall ensure that all areas of the home are safe for the child(ren), including locking doors, gates, or other safety measures as necessary.
- **Bedtime Routine:** The Nanny shall follow established bedtime routines for the child(ren), including bath time, teeth brushing, storytime, etc., as agreed upon by both parties.
- **Screen Time Usage:** Any screen time (e.g., TV, tablet) should be limited.

Nanny and Family Agreement Document

This document is designed for parents and their nanny to develop and reference throughout their working relationship. The goal is for parents to take the time to fill out this document at the start of the relationship and update it as the child's needs evolve and the trust between the parents and nanny strengthens.

Date:

Family Philosophy:

This section is for describing your family and your approach to raising your child(ren). Include details about what makes your family happy and playful, as well as areas where you will be strict. Reflect on your priorities, whether it's fostering equality between children, encouraging creativity, maintaining discipline, or balancing structure and spontaneity.

Discipline Style:

Outline your approach to handling bad behavior. Provide insights into the progression of discipline and your perspective on methods such as time-outs or alternative techniques. Include examples to differentiate between behaviors requiring moderate versus maximum discipline.

Hitting: _____

Swearing: _____

Throwing: _____

Biting: _____

Tantrums: _____

Positive Reinforcement:

Document your methods for celebrating and encouraging good behavior. Highlight how your nanny can emphasize praise, rewards, or other forms of positive feedback.

Eating/Food Preferences for Children:

Discuss meal plans, dietary guidelines, and preferences for how meals and snacks should be prepared. Include details about instilling healthy eating habits and any instructions for teaching the child(ren) about nutrition.

Breakfast Examples:

Lunch Examples:

Snack Examples:

Dinner Examples:

Eating Food preferences for Nanny:

Describe: Will nanny bring their own food? Will you supply food snacks? Does nanny have freedom to eat or prepare using your foods, will you supply food for the nanny to prepare, are certain foods not allowed in your home (i.e., kosher, halal or allergens etc.)

Ideas for Activities/Type of Play:

Specify how you want the nanny to engage with your child(ren) through creative and active play. Note whether you will allocate a budget for enrichment activities or classes.

Weekly Budget \$_____

Specify how and when nanny will be paid back for unforeseen expenses if using their own money. Should they keep receipts? etc.

Sleep Preferences:

Provide details about your child's sleep routines and preferences. Address topics such as swaddling, pacifiers, and any sleep training techniques. Explain how you prefer the nanny to assist with fostering healthy sleep habits.

Keeping Schedules:

If you prefer a strict daily schedule, outline its importance and how deviations should be handled. Describe how the nanny should respond to situations like missed naps (e.g., should "cry it out" be utilized?).

Tech Use for children:

Allowed /Not allowed

If allowed, describe how a child may use TV, phone, ipad, computer, gaming systems.

Child 1: _____

Child 2: _____

Child 3: _____

Communication:

Indicate your preferred methods of communication during the day, including acceptable forms (e.g., phone calls, texts, apps). Set expectations for frequency of check-ins and address how concerns should be raised. Check in ____ x a day. Please respond to Parents texts within ____ (time frame.). Will you be adding Nanny to a life 360 plan etc.

Nanny/Sitter Phone Use:

Phone Use Policy: The nanny agrees to limit phone use to essential communications with the family and avoid using the phone while walking in the street or supervising children at the playground, ensuring full attention is given to the children's safety and well-being.

Vacation:

Define the process for requesting and approving vacation time. Specify how mutual decision-making will operate regarding paid time off.

The Nanny/Family Relationship:

Describe how you envision the relationship evolving as mutual trust grows. Include expectations for check-ins, performance reviews, managing daily schedules, and how the nanny fits into your family dynamic. Address roles when parents are present and whether performance reviews may include discussions of raises.

Signatures:

Employer hereby agrees to be fully bound by the terms of this contract.

Employer Signature: _____

Printed Name: _____

Date: _____

Employee hereby agrees to be fully bound by the terms of this contract.

Employee Signature: _____

Printed Name: _____

Date: _____

Note: This should be a living document between Family and caregiver (nanny). Changes will come as children grow.

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