

## Dress Code, Hygiene & Etiquette



### DRESS CODE

*Au pairs should appear well groomed, friendly and professional. Dress codes vary across cultures and households. In general, clothing should be modest, comfortable and non-restrictive; all of which needs to be defined and discussed. Hosts may require the cleavage, midriff, shoulders, or thighs be covered while in the home. Wearing excessive jewelry might be avoided for safety reasons and footwear may need to be comfortable and flat while working with active children.*

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### HYGIENE

*Personal hygiene is different around the world and across cultures. Natural body odor and breath are often seen as offensive in American culture. Most Americans bathe or shower with soap daily, use an underarm deodorant to prevent body odor, and brush their teeth with toothpaste at least twice a day. Hair might be shampooed daily as well.*

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### ETIQUETTE

*Different cultures define manners and etiquette in very different ways. Etiquette even varies across American households. Most Americans value gratitude, often saying “please” and “thank you”. Eye contact, smiling and personal space are often important. Americans typically eat with their mouths closed and do not burp at the table. Being on time is also customary; there is even a common saying that, “time is money”.*

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