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**ORIENTATION TO THE  
CHAWALA FAMILY HOUSEHOLD  
FOR GLENDA**





**GLENDIA,**

**Welcome to our family and our household. We are very happy that you have come to us. Your assistance will be very valuable in managing our daily routines and especially in caring for the children. We hope that you will be happy in your new surroundings, and understand that it will take some time and patience for all of us to adjust.**

**In order to help you become more familiar with our household and our daily routine, we have highlighted some information in this orientation package. Please feel free to ask questions, and make any suggestions.**

**I. CHILD CARE:**

**SAFETY** – Goal – Adam must be supervised at all times

- be aware of Andrew's and Michael's location and activities at all times

- ✓ when supervising Adam, areas to be especially aware of are: the stairs, open doorways, bathrooms, plants, small pieces from toys and other items that fall on the floor
- ✓ Andrew and Michael may want to play at a friend's home, however, at all times you must be aware of their location and activities and ensure that they are approved by parents
- ✓ First aid kit is located in the main floor washroom (bandages, gauze, alcohol, etc.)
- ✓ Emergency Contacts: see list in phone book
- ✓ **Emergency – call 911 – for police, fire, ambulance**

**MEAL/DIET** - Goal – to encourage the boys to eat lots of fresh fruit, vegetables and water  
- Andrew & Michael take turns saying grace before each meal

**Typical meals and snacks:**

Breakfast: oatmeal with dried fruit, eggs (scrambled, boiled, poached, etc.), bacon, cereal, toast, fresh fruit, milk, juice, water, (decaffeinated coffee – Marco & Lorraine only)

Snack: fruit, dry cookies, yogurt, water, juice

Lunch: soup, minestrone, rice with vegetables, pasta with either sauce, ricotta, or vegetables  
meat or fish  
vegetables, salad  
water or juice

Snack: fruit, dry cookies, yogurt, nuts, peanut butter & jelly sandwiches, milk, water & juice

Treats: ice cream, popsicles, freezies, cookies



washer & dryer

## **LAUNDRY**

Whites: use warm water, soap, treat stains with laundry soap bar, soak in bleach & water  
- be very careful when using bleach and keep away from coloured clothing

Brights: use cold water, pre-treat stains with Spray & Wash, or Shout

Dark Colours: use cold water & ½ cup of vinegar in wash, pre-treat stains with Spray & Wash, or

## **CHILDREN'S CHORES:**

- √ make their beds
- √ pick up their clothes and put dirty clothes in the laundry hamper
- √ tidy up in their bedroom, and after themselves
- √ clear their dishes from the dinner table and help dry and put away dishes
- √ do their homework and prepare their school bag/back-pack each evening for the next day

## **HOUSEHOLD CHORES & MAINTENANCE:**

### **DAILY:**

- mop kitchen & hallway ceramic floors (swiffer)
- prepare meals, set table for dinner
- tidy kitchen & main bathroom
- tidy up after baby – toys, etc.
- encourage boys to keep house tidy

### **WEEKLY:**

- pick up mail every other day
- change boys' bed sheets
- maintain boy's laundry including wash, iron & put clothes away
- vacuum 2 x per week or as needed
- dust furniture, clean windows/glass
- clean staircase and wood floors
- dust and wash blinds and shutters
- clean personal & boys' bedrooms and washrooms
- clean and polish kitchen cupboards
- water plants as needed

### **MONTHLY:**

- clean refrigerator
- clean behind stove & fridge
- clean & polish chandeliers

Cleaning should be done when Adam is napping and Andrew and Michael are at school, or safely playing and easily supervised. Cleaning is something that we are all responsible for, but the priority is always the children's safety, meals, well-being, and activities.

