

Dear Prospective Host Family,

Hello! My name is Sam and I am a 29-year-old from Phoenix, Arizona. I am truly excited about the opportunity to become part of your family as an au pair. I've always had a passion for working with children, and I'm eager to bring my experience and warm, caring nature to your household.

Since I was 13 years old, I've been actively involved in childcare, first by babysitting for children in my neighborhood. As the eldest daughter, I've also had the privilege of caring for my younger siblings throughout my life, which helped nurture my deep love for working with children. I graduated summa cum laude from Arizona State University with a degree in Early Childhood Education and Early Childhood Special Education, which provided me with a solid foundation in child development and teaching.

For two years, I worked in the Arizona public school system, gaining invaluable experience. My first year, I served as a special education teacher in a program dedicated to children with Autism, ranging in age from 5 to 7. I managed a classroom of eight students and two adults, focusing on teaching social skills, self-regulation techniques, and academic skills, while overseeing everyone's schedules. In my second year, I worked in a developmental preschool setting, where most of the children had various developmental delays and disabilities. It was an inclusive environment where I also worked with peer models, typically developing children who helped support their peers in areas such as speech, motor skills, and emotional development. My students were between the ages of 3 to 5 years old.

In addition to my classroom experience, I hold several certifications that I believe will be beneficial as an au pair:

- **First Aid and CPR Certified**
- **Endorsed by the State to Teach English Language Learners** (children for whom English is a second language)
- **TEACCH Certified** (focuses on children with Autism and ADHD)
- **LETRS Certified** (focuses on the science of reading and spelling for children)
- I also have a **fingerprint clearance card**, approved by the Department of Justice, which is updated regularly.

After my time as an au pair, I plan to return to school to pursue a career in pediatric speech pathology or pediatric occupational therapy, where I can continue supporting children with disabilities in a more focused way.

While much of my experience has been with children who have developmental delays, I have a deep love for all children, and I'm equally excited to work with any child. I am very hands-on and enjoy engaging children in various activities when allowed. Pretend play, hands-on learning, and outdoor adventures are just a few things I love to incorporate into my interactions.

During my time teaching, we organized several exciting activities, including Foam and Water Day, where the children had a blast exploring sensory experiences. We also had a petting zoo visit, giving the kids a chance to interact with animals, and engaged in themed learning sessions. At the elementary school, we hosted Field Day, which featured a variety of stations to keep the kids active, as well as a fun run. We also went on memorable field trips to the aquarium, the Lego Store, and the Phoenix Zoo!

I believe in the power of co-regulation, especially with younger children. Emotions can feel overwhelming, and I truly enjoy helping children navigate those feelings by being a steady anchor for them. Whether it's calming a toddler or teaching them how to manage big emotions, I believe a loving, patient approach is key to their emotional development.

I have attached a slide show of pictures of me with my previous students and children I have nannied. I also included ones of just the children of the events we were at. Like most caretakers, most of my pictures are of my children and barely with me in them!

I am genuinely looking forward to the possibility of becoming part of your family and making meaningful memories together. If you have any questions or would like to know more about me, please don't hesitate to reach out. I would love the opportunity to learn more about your family's needs and how I can contribute to your household.

Warmly,
Sam