

Workload, Rules and Regulations for Artist/Au Pair Branka Cvjeticanin during the Residency at the Institute for the Art and Practice of Dissent at Home

Work Start Date: Wednesday 2 July 2008

Work End Date: TBC

Pay Day: Fridays

Pay: £100 per week (£20 per day)

Work Days: Monday – Friday

Working Hours: varied but not exceeding 8 hours per day

Days off: Saturday and Sunday

Duties will vary each day, but generally artist/au pair will be taking care of Sid, 10 month old baby and some care of Neal, 7 and Gabriel 5. Artist/Au Pair is, in addition to salary, offered food and accommodation. Artist/Au Pair is allowed to eat any food she finds in the kitchen. She is welcome to all family meals: breakfast with the children in the morning, lunch with parents and the baby, and main evening meal with all the members of the family. However, Artist/Au Pair is also expected to help herself from the family's kitchen and prepare simple meals for herself and the children. In taking care of the baby, Artist/Au Pair is expected to prepare baby milk, feed the baby, bath the baby, put the baby to sleep, change nappies, take the baby for walks, go to playground, play with the baby, apply sunscreen if necessary, visit local baby/toddler's clubs... In taking care of the older boys, Artist/Au Pair is expected to teach them a bit of Croatian, play with them, read them stories, take them for cultural visits (Museum, Galleries etc), take them to the park and playground, prepare simple meals (pizza in the oven, fish fingers, scrambled eggs, pasta etc).

Schedule from Wednesday 2 July to Friday 4 July

Schedule for next week will be issued Monday morning!

Wednesday 2 July: take care of Sid (and Neal and Gabriel) from **12pm to 8pm** (5:30pm to 8pm) while Mum and Dad attend a conference at University of Liverpool. You will need to pick up Neal and Gabriel from Black Sisters After-School Club at 5:30pm. Directions to Black Sisters After-School Club will be given beforehand.

Suggested activity: hang out with Sid at home/garden/neighbourhood. Around 3:30pm take Sid in the buggy and go for a walk around University of Liverpool area, visit Metropolitan Catholic Cathedral (in University's proximity) and then pick up Neal and Gabriel at 5:30pm from Black Sisters. With all three children, go home, prepare a quick meal (food will be provided), feed them and wait for the parents to come back.

Thursday 3 July: take care of all three children from **3:30pm – 11:30pm**. Sid goes to sleep around 7pm. Neal and Gabriel go to sleep at 8pm. You will be taken to Everton Leisure Centre for Neal and Gabriel's swimming lessons, after which you will have to walk them back home through Everton Brow. Simple meal, playtime, bedtime.

Friday 4 July: take care of Sid only **11pm – 4pm**. Explore local neighbourhood or city centre with the baby in the buggy. Parents will meet you at home at 4pm. Visit FACT.

**Workload Time Table for Artist/Au Pair Branka Cvjeticanin during the Residency
at the Institute for the Art and Practice of Dissent at Home**

Thursday 3 July:

15:30 arrive home to 7 Bright Street, ready to work

15:45 join Lena and children to go to Everton Leisure Centre for Neal and Gabriel's swimming lessons

16:15 Neal and Gabriel's swimming lessons, watch them with Sid

16:45 Neal and Gabriel's swimming lessons finish, help them with showering and putting on their clothes

17:00 walk back home through Everton Brow, Neal and Gabriel should be able to help you in your adventure of finding home (estimated walking time: 30 minutes max)

17:30 arrive back home and start preparing simple meal for the children (pizza or fish fingers or eggs or anything else; Sid eats the same as children)

18:00 dinner with all three children

18:30 Sid has his last milk bottle for the day; Neal and Gabriel watch telly or play in the garden

19:00 Sid goes to sleep

20:00 Neal and Gabriel go to sleep (reading them a story would be much appreciated)

20:30 relax, watch telly, check emails, write your diary etc.

23:30 parents arrive back home

Friday 4 July:

11:00 be ready to work

11:05 play with Sid; sit in the garden until lunchtime

12:30 make lunch and eat with Sid (bread with butter, cheese and his milk bottle)

13:00 put Sid to sleep

14:30 Sid wakes up, change his nappy if necessary

14:45 take Sid for a walk round Everton Brow or explore Breck Road

16:00 parents arrive back home with Neal and Gabriel

16:05 payment for previous three days' work

Evening is free: Lena will take you out in the evening!

Special Notices:

You need to be flexible and adjust this workload timetable according to your needs. What is of utmost importance is that children are kept safe, clean (to a degree) and fed. Your working time needs to be somehow spent; everything else is up for improvisation. Follow this timetable, if it suits you – if not, invent your own.

Sid's daytime sleep pattern is changing: he tends to go to sleep anytime between 11 and 13 and usually sleeps for around 1 hour 30 minutes. Sometimes Sid will first sleep, then have his lunch; sometimes Sid will first have lunch, then sleep.

He can sleep at home or in his buggy, whilst out and about. If you want to go out, do not stay in because the baby is due a sleep, a feed or a change – all of these are very easily executed in public spaces. Always make sure you carry with you (in buggy) a baby milk bottle, some water, some food (banana, slice of bread, cheese) sunscreen, hat, nappies, wipes and extra clothes.

Monday 7 July 12:00 – 18:00

12:00 lunch with Sid and Gary and Lena at Cornerstone Campus of Liverpool Hope University

13:00 Take Sid for a walk towards city centre – you could go and see Super Lamb Banana at Liverpool School of Tropical Medicine, or go towards galleries (Bluecoat, Tate or FACT). At some point, Sid will fall asleep – make sure his seat is in reclining position once he is asleep.

14:30 Check and change his nappy if necessary (for experience, try to use one of baby changing facilities in public, most galleries, restaurants and cafes have them)

15:30 start taking Sid back home (he will probably start being grumpy having spent lots of time in the buggy, alternatively try to find space in public where he can freely bum shuffle about – thus you can go home later)

16:30 arrive home, play with Sid using his toys and books

18:00 parents arrive with Neal and Gabriel, work stops, join in the family meal.

Tuesday 8 July 10:00 – 17:30

10:00 play with Sid, spend time at home/in the garden, pick up/fold/hang out the washing

12:00 have lunch with Sid (milk bottle, banana)

12:30 make sure Sid has his sleep, whilst he is asleep you can do what you like

13:30 take Sid for a short walk in the neighbourhood after his sleep (and after his lunch) – best is to take him to Everton Brow playground (further one from the house) where he can play at one of the swings

15:00 join Lena and Gary on their way to Neal and Gabriel's school. At this point Lena and Gary will take over Sid and you will take over Neal and Gabriel.

15:30 walk with Neal and Gabriel to MDI (Merseyside Dance Initiative after-school dance class.

16:00 dance

17:00 walk with Neal and Gabriel back home where the rest of the family will be waiting

Wednesday 9 July 10:00 – 17:30

10:00 – 17:30 daytrip with Sid to Antony Gormely's 'Another Place'. You will need to take a train from Liverpool Central Train Station to Waterloo.

Some extra pocket money will be provided for train tickets, packed lunch ingredients, ice cream, chocolate and postcards.

You will need to make packed lunch! Check the fridge, assess what is already here and what is necessary to buy. On your way to Liverpool Central Train Station (which is near Church Street and Bold Street) go to a shop and buy what is necessary for packed lunch (bread, cheese, ham, juice, water, fruit etc). Do not buy those things which are unnecessary; take some things from home.

Take a train to Waterloo. Once at Waterloo ask for directions for the beach – this is a 5 minutes walk.

Make sure to protect Sid from the sun with sunscreen, hat and clothes. You can both have fun in the sand. Enjoy your packed lunch together on a blanket. Be sure to take some photographs of Antony Gormley's 'Another Place' – this is one of the most famed Liverpool08 public exhibitions.

When back in Liverpool, walk back home and when back home, relax at home!

I guess it is becoming clear that having a baby means lots of time-spending together and in a way it does not matter how that time is spent as long as both of you are relatively happy. So, as the days go by, you are left with big chunks of time with the baby and kids and you need to fill them as you wish... The following are only my suggestions.

Thursday 10 July 9:30 – 15:30

9:30 be ready for work. Parents need to leave the house and go to work around 9:30. In case of bad weather, hang out at home. You can try watching CeBeebies for a bit – this is a mind-numbing insane BBC programme for babies and children under 5. This is very much part of British culture of parenting and lots of mothers stay at home and watch telly. While at home, try to do some cleaning – like washing the dishes, sorting out washing, possibly arranging Sid's wardrobe... anything to pass the time. When Sid is asleep, you can work on your own stuff. It is important to program yourself to work in short intensive periods – if concentrated, you will find out that lots can be done in very small amounts of time. If weather is not too bad, go to Breck Road and visit some local shops (fruit and veg shop, bakery etc). You can also take Sid to the library and read him a few picture books there – there is a special section for parents and children there. Buy few bits and bobs in the local shops if you wish. If weather is ok, take Sid to Everton Brow Park to the playground.

15:30 parents arrive with Neal and Gabriel. They will take them to swimming lesson, and you are free until 19:00. This is your chance to get away!

19:00 Babysitter Claire arrives. All adults get ready to go out! We will go to the theatre and eat out! Our treat!

Friday 11 July 9:30 – 16:30

9:30 – be ready for work. Around 9:45 or 10 Gary will give you a lift to Ullet Road playgroup where you will experience 'toddler's group' lifestyle and possibly meet some local mothers and carers. This playgroup is situated in Unitarian Church in South Liverpool. I used to take Neal and Gabriel to this playgroup a lot. Sid has never been there. Some of the mothers might recognize him, but then again maybe not. Playgroup finishes at 12. After the playgroup, hang out with Sid in Sefton Park and go to see Lark Lane, a somewhat bohemian part of Liverpool (where we used to live). Eat lunch at Keiths or Green Café or any other café there. Find St Michaels train station and take it Central and then come back home. Parents will be home around 16:30, after taking Neal and Gabriel shopping for football kits.

Monday 14 July 10:00 – 17:00

Do as you please. As usual, Sid needs to be changed/cleaned, fed and entertained.