

THE BURNS FAMILY



NANNYING **BOOK**

WELCOME TO OUR FAMILY

Welcome to Our Family



-Sunny and
Sunmarie

Burns

We have a good handle on our children, but with 5 littles, an extra set of hands can go a long way. With your help, we hope to go from surviving, to thriving!

We are thrilled to welcome you to our family! As you embark on this exciting journey with us, we want you to know how grateful we are to have you in our lives.

As our au pair, you are an integral part of our family. Your role extends beyond childcare; you are a friend, a mentor, and a cherished member of the household. We look forward to the unique qualities and experiences you bring to enrich our lives.

Culture Overview



Our Vision

In our family, we prioritize creating genuine connections while limiting meaningless screen time, and encouraging a love for the outdoors with an aim to love God and care for the World. We embrace challenging our physical limits, fostering integrity in every action, and homeschooling for a personalized learning journey. Accountability is paramount, and we treat one another with unwavering respect, kindness, and empathy. We actively seek adventure, live joyfully, and refuse to let fear dictate our choices. Our family strives to lead a life brimming with love, laughter, and shared experiences, cultivating a home where fulfillment, connection, and curious energy. In our family, everyone knows they are loved, cherished, and divinely remarkable.

Culture Overview



Our History

Sunny and Sunmarie met when staffing at Youth Ministry, their parents suggested a courtship, which led to an engagement in 2010, marriage in 2013, and their first child Vailen in 2015, Alvin in 2017, Kailey in 2020, Kaiden in 2021, and Kayori in 2023.

Our Intention

Our intention for bringing an additional caretaker into the family include the following reasons and framework...

- Lighten the burden of daily tasks in a household with 5 kids.
- To create opportunities for relationship building within our couple through the use of date-nights and occasional time focused just on each other.
- To ensure the needs of every child are being met at their respective age and learning levels.
- To expose the children to different cultures, perspectives, and people.
- To form a friendship, mentor and grow with a person outside our family.
- We are blessed by a lot of family members close by, but are choosing to bring a care-taker into our family for the support an extra set of hands lends.
- Babysitting can be disruptive, and costly, and hard to come by with 5-children; this opportunity should be mutually beneficial.

Expectations

Care-Giver

- Engage the young ones while the older children home-school
 - Keep eyesight on the kids if they are in the front or backyard
 - Babysit all kids once a week so parents can enjoy a date-night
 - Weekends, Late-Afternoons, and Evenings should all be considered your free-time. Feel free to get a job, enroll in school, have adventures, go out with friends, or hang out with us.
 - Responsible for own health-care
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Cooking

Please prepare one-meal once a weekday for the family to enjoy. We welcome the introduction of new foods that you may enjoy preparing. There are no allergies in our home and the expectation is for our children to eat the meal that is prepared for them.

Housekeeping

Please take charge of home laundry: Washing, Drying, Folding, and Putting Away. On average we do 3/4 loads a week.



Financials

● Host Family is responsible for...

- Travel Expenses to get to and from family
 - Providing a private bedroom in their home
 - Providing food and groceries
 - All meal costs and travel expenses when Care Giver travels with the family
 - \$500 Monthly Stipend
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● Care Giver is responsible for...

- Own healthcare
- Any personal shopping for non-essentials
- Paying own transportation costs for personal trips



House-Rules



House-Hold Rules

- No Drinking Alcohol
- No Smoking
- No Drugs
- No Video games
- No Critical, or Demeaning Language
- No violence or uncontrolled anger
- Screen-Use is to be kept to a minimum (Thursday-Movie Night).

Care-Giver Rules

- No Tv-Watching or Video Game usage in public areas
- No staying out past midnight without prior notice
- Friends over the house only with permission
- Feel free to come and go from the fridge as you please, and store personal food.
- Our home is your home: any supplies, food, and resources are yours to use. Just let us know if something runs out.
- No closed doors when one on one with a child.

Kids Rules

- Bedtime should start at 8pm
- Audiobooks allowed till 10pm
- No dessert unless dinner is finished
- No entering water (lake, creek pool) without constant adult supervision
- No YouTube unless supervised
- No neighbor kids inside or in backyard without permission
- No opening windows
- No snacking without permission
- Don't go outside without permission
- Children cannot go in the woods beyond the sandpit on their own.

Our Parenting Style

- We do not coddle our children, small falls and minor bumps, should be calmly assessed and feelings be acknowledged. Larger hurts should be addressed and medical attention provided.
- We try not to be a referee, and let our kids resolve issues themselves
- We love the outdoors, adventure, and trying new things!
- We try to limit screen-time, and instead encourage creative play and exploration
- We do not provide allowances, but give 1% interest on their savings, and the kids buy their own wants.
- We try to do things as a family and involve all family members.
- We try to challenge our children to greatness
- Give children the freedom to make their own mistakes





VAILEN A BURNS 
4.0.15+0:35 AM+0 LBS 7 OZ+00 IN+ WELCOMED BY THE BURNS FAMILY



ALVIN K BURNS 
2.0.17+0:48 AM+0 LBS 14 OZ+00 IN+ WELCOMED BY THE BURNS FAMILY



KAILEY A BURNS 
1.00.20+0:05 PM+0 LBS 1 OZ+00.5 IN+ WELCOMED BY THE BURNS FAMILY



KAIDEN K BURNS 
11.00.21+00:45 PM+0 LBS 15 OZ+00 IN+ WELCOMED BY THE BURNS FAMILY



KAYORI C BURNS 
11.00.23+01:14 AM+0 LBS 9 OZ+00.75 IN+ WELCOMED BY THE BURNS FAMILY



VAILEN(8) ALVIN(6)
KAILEY(4) KAYORI(0) KAIDEN(2)



Meal & Activities Ideas

<u>Themed Nights Menu Plan</u>									
Sunday	Monday	Tuesday	Wed.	Thursday	Sat.	Snacks	Breakfa.	Lunch 1	Lunch 2
CrockPot	Baked	Mexican	Italian	Pizza/Chinese	Rice	Muffins	Omelet	Cheesy/Bn Nachos	Bagel Sandwich
Chili	Kish	Tacos	Spaghetti	Stromboli	Chicken Teriyaki	Nachos	Pancake	Ramen	PB&J
Pork Tenderloin	Chicken Pot Pie	Enchiladas	Lasagnia	Make your own Pizza	Luuu Bowl	Apple/Fruit	Hashbrown	Soup	Hot Dogs
Beef Stew	Chicken Nuggets & Potatoes	Quesadillas	Ravioli	Chicken & Broccoli	Indian Curry	Vegetable & Hummus	Sausage/Bacon	Egg Sandwich	Chicken Nuggets
Jumbalaya	Stuffed Peppers	Fish Tacos	Chicken Parmesan	Sesame Chicken	Japanese Curry	Apples & PB	French Toast	Furikake Rice Ball	Tuna Melt
chiken w potatoes	Casserole		One-Pan Shrimp Pasta	Babimbop	Stir Fry	Edamame	McMuffin	Mac & Cheese	Chicken Salad
	Chicken Parm Sandwich		Shrimp Scampi	Bulgogi		CheeseStick	Green Smoothie	Pasta Salad	Egg Muffins
			Pork Culets			Cheese & Crackers	Yogurt	Flatbread/Naan Pizza	Cereal
						Sardines	Toad in Hole	Grilled Cheese	Bagels
							Breakfast Burrito	Quesadillas	Overnight Oatmeal

<u>Things to Do with the Kids</u>								
Summer	Water	Winter	Sports	Uniquely House	Skills	Indoor	Future Activities	Future Buys
Mount. Bike	Swimming	Sledding	Frisbee	Trampoline	Hand Stands	Board Games	Scuba Diving	Wind Surfing
Hiking	Kayak	Ice Skating	Volleyball	Tree Swing	Break Dancing	Hiding go Seek	Rock Climbing	King Spa
Camping	Paddleboard	Snowball Fight	Soccer	Pump Rocket	Rings	Reading Books	Hunting	3D Printing
Biking	Sailing	Igloo Building	Baseball	Model Rocket	Flips	Sudoku	Gardening	Laser Engraving
Tree-Climbing	Snorkeling	Skiing	Basketball	Sand Pit Digging	Fire Making	ToastMasters	Air Soft Battle	Slackline
Backpacking	Crabbing	Snowman	Ping Pong		Cooking	Legos	Archery	Zip Line
Bikepacking		Ice-Fishing			Fishing	Puzzles	SpearFish	Chickens or Quail
Triathlons		Ice Surfing			Knots	Science Kits	GeoCaching	Rafting
Disc Golf							Dog Sledding	

Kids Development

As the older kids age we are trying to develop their skills and responsibilities. We aim to make their homeschooling more self-driven.

We have adopted a rite of passage checklist with certain ceremonies that lead to earning certain freedoms. Vailen has already undergone his Rite of Competence ceremony where he acquired and cooked a meal over a fire that he made and fed the family.

Vailen has been making breakfasts for the family many mornings. We are working to have the kids take ownership over chores, like setting the table, cleaning the table, and doing the dishes.

With Alvin we want to work on him opening up more and having positive interactions with others, especially his younger siblings.

With Kailey we would like to get her to be a better hiker, and reduce her screaming and whining.

With Kaiden we would like to potty train him and cut-off his tantrumming.

With Kayori, we want to get her on a good sleep schedule.

Rites of Passage (80% Gates)						
R.O.P	Helpless	Mobile	Self-Aware	Competent	Capable	Formidable
REWARD	7LC	Sleeps in Kids Room	1% Int. Mnth Sav., MT	1mi autonomy, PC, Email	Debit, Stock, Txt	Credit, MV, Ctshp
STAGE	Baby (0)	Big Boy/Girl (3)	Child(5)	Youth (8)	Teenager (13)	Adult (18)
V	Cries	V Undies	V Swim	V Swim (100m)	Swim (1/2mi)	Swim (1mi)
V	First Solids	V Feeds Self	V Run (1/2mi)	V Run (5k)	Run (10k)	Run (20k)
V	Walking	V Walks W/O Carry	V Pedal Bike	V Bike (10mi)	Bike (25mi)	Bike (50mi)
V	Crawling	V Puts on Shoes	V Can Read C A T	V Chapter Bk (500+ Word)	Read 100Pg Novel	Read 100 Books
V	Talking	V Communicates	V Writes Name	V Mail Letter & Email	Persuasive Essay	Publshd Kindle Bk.
V	Out of Crib	V Sleeps in Bedroom	V Cart Wheel	. Hand Stand (8sec)	Hand Spring/Flip	Breakdance
			V Monkey Bars	V Pull Ups(2) or (20s Hold)	Climb 10' Rope(no knot)	Muscle Up
			V Knows 2+3=5	. 1-12 Times Tables (3Min)	300+ NAEP 8th Math	700+ Math SAT
			V Can Tell a Joke	V 1-Min Speech	5-Min Speech	Event Speech
			. Eats All Foods 1-Wk	V 2-Meal Fast	1-Day Fast	3-Day Fast
			V Catch a Fish	Prepare & Cook Fish	Hunt Small Game	Hunt Meal Gathering
			V Grow Plant from Seed	V Fire (FireStick)	Fire (Friction)	1-Nt Solo Survival
			V 1-Day Backpacking	3-Day Backpacking	5-Day Backpacking	7-Day Backpacking
			V Assisted Chores	. Chore Ownership	. Cook Meals	Pays Rent
			V Ski Greens	V Ski Blues	R.C. Baby-Sitter Cert	CFR/Life-Grd Cert
			. Responsible for Plant	V Responsible for Pet	Has Job	Own Business
			V Breath Hold (Tunnel)	V Breath Hold (1min)	Breath Hold (90sec)	Breath Hold (2min)
			V Coloring Page	V Paint Watercolor	Oil Painting	Wood Sculpture
			V Cold Shower	V Cold Plunge (5min)	Cold Showers (1wk)	Ice-Lake (10min)
			V Shares	. Trustworthy	Acts with Integrity	Role Model
			V 10 CNSQ Ball Catches	. Archery Hit at 25m	Archery (240@25m)	Internship
			V A Selfless Deed	Charitable Act	Organize Fundraiser	Mission Trip
			V 3-mile Hike	V Summit a 5k' Mountain	Summit 14k' Mountain	Half-Ironman
			V Make Store Purchase	V Save \$200	Passive Investing	Active Investing
			V Learn a Riddle	Learn a Magic Trick	Full Bank Account	Drivers License
			V Ties Shoes/Basic Knot	. Learn 3 Knots (8, BL, CH)	Drone Pilot (FAA107)	Pilots License
			V Create TinkerCAD	Learn Basic Coding	Build Arduino Robot	Make an App
			V 2-hr Passion Project	V 10-hr Passion Project	50-hr Passion Project	100-hr Passion Proj

Turn Your Word Into Gold

The Art of Enforceable Statements for the Home

Ineffective Technique	Love and Logic Technique
Please sit down. We're going to eat now.	We will eat as soon as you are seated.
Please be quiet. I can't listen to your brother when you are both talking at the same time.	I'll be glad to listen to you as soon as your brother has finished talking to me.
Clean your room so we can go shopping.	I'll be happy to take you shopping as soon as your room is clean.
I'm not going to play ball with you until all of you are quiet.	I'll be happy to play ball with you as soon as it is quiet.
Don't talk while I'm reading to you.	I will start reading to you again as soon as you have finished talking.
You can't go play until you have finished your homework.	Feel free to go play as soon as you have finished your homework.
Don't shout at me.	I listen to people who do not yell at me.
Pay attention.	I'll start again as soon as I know you are with me.
Don't be bothering your sister.	You are welcome to stay with us as long as you are not bothering your sister.
Keep your hands to yourself.	Feel free to stay with us when you can keep your hands to yourself.
Do your chores on time or you'll be grounded.	I'll be happy to let you go with your friends as soon as your chores are finished.
Don't talk to me in that tone of voice!	I'll listen as soon as your voice is as calm as mine.
You show some respect.	I'll be glad to discuss this when respect is shown.
Don't be late coming home from school.	I drive those to practice who arrive home on time.
I'm not picking up your dirty clothes.	I'll be glad to wash the clothes that are put in the laundry room.
Keep your room neat.	All owners of neat rooms are welcome to join us for ice cream.



Using Enforceable Statements

Many children have an uncanny ability to get us pulled into trying to control what we really cannot.

Truly powerful Love and Logic parents recognize this and avoid this trap by using enforceable statements. Enforceable statements tell kids what **WE** will do or allow...rather than trying to tell **THEM** what to do.

When we set Love and Logic limits by saying what WE will do or what WE will allow:

- We avoid looking like a fool when we can't get our kids to do what we say.
- We share some control with our children. As a result, they are much less likely to resist in order to regain control.
- We avoid getting sucked into trying to control something we really can't.

Examples of Love and Logic Enforceable Statements:

- I give treats to kids who protect their teeth by brushing.
- Breakfast is served until 7:30. Get all you need to hold you till lunch.
- My car is leaving at 8 a.m.

- I'll listen as soon as your voice is as calm as mine.
- I'll take you guys the places you want to go in the car when I don't have to worry about fighting in the back seat.
- I'll do all of the things I do for you around here when I'm feeling respected.
- I give allowance to those who finish their chores.
- I'll provide TV and Nintendo when the chores are done.
- I keep the toys I have to pick up. You can keep the ones you pick up.
- I'll be happy to buy you the clothes I feel are appropriate.
- I'll be happy to listen to you as soon as your father and I are finished talking.
- I lend money to those who have collateral.
- I lend the car to those who have made a deposit equal to the insurance deductible.
- I'll reimburse you for your college tuition for those classes in which you earn a "B" or above. I'll be happy to give you the money when I see your report card.



The Grandparents



Yoko Burns (Obaachan)
917-621-XXXX

Bruce Burns (Row-Baat)
N/A

George Allen (Dai)
862-236-XXXX

Karla Allen (Oma)
862-262-XXXX

Contact List

Important Phone Numbers of Family Members. For a true emergency call the police by dialing 9-1-1.

Name	Number	Relationship
Sunny Burns “Daddy”	201-338-XXXX	Father
Sunmarie Burns “Mommy”	862-371-XXXX	Mother
Karla Allen “Oma”	862-262-XXXX	Grandma (Sunmarie’s Mom)
George Allen “Dai”	862-236-XXXX	Grandpa (Sunmarie’s Dad)
Yoko Burns “Batchan”	917-621-XXXX	Grandma (Sunny’s Mom)
Karlusun Allen “Kart”	862-262-XXXX	Uncle (Sunmarie’s Brother)
Raymond Burns “Ray Ray”	201-873-XXXX	Uncle (Sunny’s Brother)

