

時間/ Time/ PAGI	照料小孩工作事項(有婆婆協助) Jobs for Child's care (With assistance of grandma)/ PEKERJAAN PEMBANTU SETIAP HARI MEJAGA ANAK (DENGAN BANTUAN NENEK)	 陽光女傭中心 SUNLIGHT EMPLOYMENT AGENCY
WAKTU	KERJAAN	
6:00am	起床、梳洗後吃早餐 Wake up, to wash and dress, take breakfast	
	BANGUN TIDUR, MEMBERSIHKAN BADAN SENDIRI SIKAT GIGI CUCI MUKA SIL MAKAN SARAPAN PAGI	
6:50am	洗車，幫手清理及打掃花園 Wash car, sweep and clean up the garden	
	CUCI MOBIL, BANTU BERSIHKAN TAMAN	
7:50am	1) 回到家中，首先開熱水爐，檢查熱水壺有無足夠熱水，煲粥水給BB，清洗奶瓶及消毒。 After back home, boil hot water, prepare cool water, cook porridge for baby, boil and sterilizing the baby's bottles	
	1) PULANG KERUMAH, REBUS AIR PANAS SEBELUMNYA PERIKSA AIRNYA CUKUP TIDAK, STERIL BOTOL SUSU.	
	2) 若太太未起床，便收拾客廳東西，執拾時應輕聲，檢查抽濕機的水是否已滿。 If Mum is still sleeping, tidy up the living room. Be quiet! Check whether the water in the dehumidifier is full. If yes, pour it out.	
	2) JIKA LAU NYONYA MASIH TIDUR, BERSIHKAN RUANGANAN TAMU PERIKSAMESIN PENYEDOT BASAH AIRNYA PENUH TIDAK?	
	3) 協助婆婆湊BB，例如開奶粉、餵奶、抱BB輕拍至睡覺，準備BB沖涼用品(BB夏天會沐浴2次) Assist Po Po to take care of baby, e.g prepare baby formula, feed the baby, clap baby's back gently and let the baby feels comfortable and spout out some air from the baby's mouth. Preparation for the things for taking bath.	
	BAYI, MENYUSUI BAYI, GENDONG BAYID SENDAWAKAN BAUO, SIAPKAN BARANG UNTUK MANDI(MUSIM PANAS MANDI DUA KALJ)	
11:00-5:30pm	開始做家務:若太太已經起床，然後根據時間表打掃 1) 清潔及整理廁所(浴缸、洗面盆、馬桶、鏡) 2) 廚房(櫥櫃、煮食爐、牆、抽油煙機)，這些工作必需於5:30pm前完成。 If Mum already get up, finish the following household duties or or before 5:30pm according to the timetable 1. Clean up the toilet (bath tub, sink, toilet bowl, mirror... ect; 2. Kitchen (clean up cupboard, stove, wall, ventilation fan... ect)	
	MULAI MENERJAKAN RUMAH TANGGA: JIKALAU NYONYA SUDAH BANGUN TIDUR BERESKAN TEMPAT TIDUR, LALU MENURUT LAMPIRAN PEKERJAAN 1) BERSIHKAN DAN TERMASUK (BAK MANDI, BAK TEMPAT CUCI MUKA, KCERMIN) 2) DAPUR (LEMARI DAPUR, KOMPOR, DINDING, MESIN PENYEDOT MINYAK) SEMUANYA HARUS SELESAI 5:30	
1:00pm	午飯 Lunch	
	SIAPKAN MAKAN SIANG	
4:00pm	準備BB沖涼用品替BB沖涼，之後收拾用品清洗BB衣服 Prepare things for bath the baby, tidy up and wash baby's clothes after bath	
	SIAPKAN MANDIKAN BAYI, SESUDAH BERESKAN PERABOTNYA DAN CUCI PAKAIAN BAYI	
5:30pm	準備煮飯 Prepare for dinner	
	SIAPKAN MASAKAN	
6:30pm	先生太太食飯時，應幫忙照顧BB(待太太用膳後才進食)，然後收拾碗筷，清潔廚房(煮食爐、抽油煙機)、拖地(廚房)、掉垃圾，以保持清潔乾淨，這些工作必需8:30PM完成 While the family is having dinner, I have to take care of the baby and take my dinner only after that. Finish dinner, clean up the table, wash dishes and utensils, throw away the garbage bag in a specific place outside the house. Keep hygiene. Complete all these jobs before 8:30pm.	
	TUAN, NYONYA SEDANG MAKAN, KAMU MERAWAT BAYI(KAMU MAKANNYA SESUDAH MAJIKAN MAKAN), LALU BERSIHKAN DAPUR (KOMPOR MESIN PENYEDOT ASAP/MINYAK), NGEPEL LANTAI DAPUR, BUANG SAMPAH, SEBELUM 8:30MALAM HARUS SELESAI	
9:00pm	沖涼，清洗每天所穿的衣服及內衣，之後在廚房STANDBY，這時可以看書。 Shower first, then wash all your clothes. Thereafter, please stand by in the kitchen, you can read book while you are waiting.	
	MANDI CUCI PAKAIAN LUAR DAN DALAM LALU TUNGGU DIDAPUR. SAAT INI BOLEH BACA BUKU DAN BELAJAR PELAJARAN	
11:00pm	離開，睡覺。 Go to bed	
	TIDUR	