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Целью пособия является формирование коммуникативных и профессиональных компетенций обучающихся через чтение и обсуждение текстов, тематически связанных с будущей профессией.

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## **ВВЕДЕНИЕ**

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Настоящее учебно-практическое пособие предназначено для студентов, обучающихся по направлению «Педагогическое образование», профиль «Дошкольное образование», и предполагает владение основами грамматики английского языка и лексическим минимумом в объеме школьной программы, а также навыками разговорной речи.

По структуре пособие представляет собой сборник из 15 текстов профессиональной направленности, которые могут быть использованы для чтения и перевода, обсуждения и написания эссе по проблеме. Тематика и характер учебных материалов будут способствовать формированию у студентов профессионального словаря, а также навыков чтения и говорения в рамках профессиональной тематики.

Пособие может быть использовано для аудиторной и самостоятельной работы.

## TEXT 1

---

Being a parent is probably the most difficult and demanding job people ever do. It can also be quite a disappointing time for some parents especially if they expected parenthood to be enjoyable all the time or had unrealistic ideas about having the perfect child. But for most parents it is one of the happiest and most satisfying experiences of their lives.

There are some problems that can make being a parent even more difficult – such as lack of money, cramped housing conditions, problems in your relationship.

The most important thing to remember is that there is no one correct way of bringing up a child. Provided their needs are met, children from all different kinds of social, religious or cultural backgrounds can still grow up to be happy, well-adjusted adults. *You are the only experts* when it comes to bringing up your children.

Many parents find it difficult to understand what their children need. For some this is truer at the baby stage before the children can talk, but for others it becomes more of a problem later. Here are some helpful points.

- You can't spoil new babies – they have no idea about the world.

- Crying is your baby's only language.

- A baby doesn't know that he is supposed to sleep at night or that it may annoy when he doesn't. Sooner or later all babies learn these things.

- If you feel you can't cope with your baby's crying ask a friend or neighbour to take over, even for an hour.

- Every other job has training but for bringing up kids, there's nothing at all.

## Vocabulary

background, <i>n</i>	происхождение, биографические данные
bring up, <i>v</i>	воспитывать, растить
cope, <i>v</i>	справиться, совладать
cramped, <i>adj</i>	1) тесный, стесненный (о пространстве) 2) узкий, ограниченный
demand, <i>v</i>	требовать, потребовать, предъявлять требование
demand, <i>n</i>	1) требование, настойчивая просьба 2) спрос
demanding, <i>adj</i>	требующий
expect, <i>v</i>	ждать, ожидать
experience, <i>n</i>	1) (жизненный) опыт 2) опыт работы, стаж работы
lack, <i>n</i>	недостаток, нужда, отсутствие
parenthood, <i>n</i>	родительский статус, отцовство, материнство
perfect, <i>adj</i>	1) совершенный, безупречный 2) идеальный, истинный, настоящий
provided, <i>conj</i>	при условии, если только; в том случае, если
relationship, <i>n</i>	1) отношение, взаимоотношение, взаимосвязь 2) родство
spoil, <i>v</i>	1) портить, наносить ущерб 2) баловать, потакать
take over, <i>v</i>	принимать (должность, обязанности и т. п. от другого лица)
well-adjusted, <i>adj</i>	уравновешенный (о человеке), хорошо адаптированный

### Answer the following questions.

1. What is probably the most difficult job people ever do according to the text?
2. Why can parenthood be a disappointing time for some parents?

3. What are the problems that can make being a parent more difficult?
4. What is the most important thing you should remember when you are a parent?
5. When do children grow up happy and well-adjusted adults?
6. Who is the only expert in bringing up children?
7. What do many parents find difficult to understand?
8. Can parents spoil new babies?
9. What should you do if you feel you can't cope with your baby's crying?

### **Exercise 1**

*Match the words with their definitions.*

1) parenthood

2) lack

3) experience

4) relationship

5) expert

6) background

a) the way in which two people, groups or countries behave towards each other or deal with each other

b) the details of a person's family, education, experience, etc.

c) a person with special knowledge, skill or training in something

d) the state of being a parent

e) the knowledge and skill that you have gained through doing something for a long period of time

f) the state of not having something or not having enough of something

## **Exercise 2**

*Arrange the following words in pairs of synonyms.*

to manage, a child, to spoil, difficult, lack, to raise, to overindulge, an adult, to realize, a kid, a grown-up, shortage, hard, to cope, to bring up, to understand

## **Exercise 3**

*Translate the following words and word combinations into Russian paying attention to your active vocabulary and derivatives:*

– to cope with a problem; to cope with difficulties; to cope with stress; to cope with bringing up three children; to cope without something; to cope on one's own

– to demand an explanation; to demand too much of somebody; to meet somebody's demand; to make demands; reasonable demand; great demand; on demand; a demanding job; a demanding child

– practical experience; wide experience; human experience; previous experience; to know something by/from experience; to learn by experience; to share an experience; to be experienced in something; an experienced teacher

– close relationship; warm relationship; blood relationship; employment relationship; to have a relationship to something; to establish a relationship with somebody; to improve relationship

– to spoil a dress; to spoil a child; to spoil somebody's reputation; to spoil the fun; to be spoiled; spoiled goods; spoiler

## **Exercise 4**

*Write a paragraph expressing your own attitude to the information given in the text.*



## TEXT 2

---

By the time your baby is a few months old, things will probably be much easier, and you will understand much better your baby's needs and routines.

You will notice your baby's personality developing, and the speed at which he develops will often surprise you. Accept that he does things at his own pace – he may do one clever thing very early on, but another quite late. It really doesn't matter. New parents sometimes get upset by comparing their baby's progress to that of other babies they know. All babies like adults, have good and bad points, and you will be much happier if you try to accept your own baby as he is.

Most babies go through a very clinging phase, complaining loudly when you disappear from view, and showing a strong dislike or fear of strangers. Some parents find this irritating, but it's a natural sign that your baby has become attached to the most important people in his life.

When your child is old enough to feel attached to you, he will obviously be old enough to feel sad when you leave him. But it is better to explain and say goodbye properly than to slip away. Sometimes he may appear to reject you on your return, or to prefer his babysitter. This is quite normal and does not usually last for long. He is simply showing you, in the only way he knows, that he didn't like being left. Sooner or later he will grow out of this phase.

### Vocabulary

accept, v

1) принимать, соглашаться

2) допускать, признавать

attach, v

1) прикреплять, приклеивать, прилеплять

2) испытывать привязанность

cling, v

цепляться, прилипать, крепко держаться

irritating, <i>adj</i>	раздражающий, вызывающий раздражение
obviously, <i>adv</i>	явно, очевидно
pace, <i>n</i>	скорость, темп
point, <i>n</i>	1) точка, отметка, точка деления 2) пункт, момент, вопрос, дело 3) отличительная черта, особенность
personality, <i>n</i>	индивидуальность, личность
phase, <i>n</i>	фаза, стадия, период, этап, ступень развития
reject, <i>v</i>	отвергать, отклонять, отталкивать
routine, <i>n</i>	обычный порядок, определённый режим
slip, <i>v</i>	1) скользить, плавно передвигаться 2) ускользнуть, исчезать
speed, <i>n</i>	скорость, темп

**Answer the following questions.**

1. When do parents understand their baby's needs and routines much better?
2. What do parents start to notice when their baby is a few months old?
3. What can surprise parents?
4. Why do new parents sometimes get upset?
5. What should parents accept to be much happier?
6. What phase do most babies go through?
7. What do parents find irritating about their children?
8. What should parents do before leaving their children?
9. Why do babies sometimes reject their parents on their return home?

**Exercise 1**

*Match the words with their definitions.*

- 1) routine
- 2) babysitter
- 3) speed

- 4) phase
- 5) personality

a) the combination of characteristics or qualities that form an individual's distinctive character

b) the normal order and way in which you regularly do things

c) a particular stage in a process or in the gradual development of something

d) the rate at which something happens or is done

e) a person who takes care of babies or children while their parents are away from home and is usually paid to do this

## **Exercise 2**

*Arrange the following words in pairs of synonyms.*

obviously, to refuse, loudly, outsider, speed, to surprise, childminder, to astonish, pace, to reject, babysitter, clearly, noisily, stranger

## **Exercise 3**

*Translate the following words and word combinations into Russian paying attention to your active vocabulary and derivatives:*

– to accept an offer; to accept responsibility; to accept an apology; to accept the situation; to accept a present; an accepted fact; accepted truth; accepted pronunciation; completely acceptable; acceptable conditions; acceptable prices; unacceptable terms

– to attach oneself to something; to attach great value to something; to attach one's hopes to something; to feel attachment; strong attachment; romantic attachment

– to have a strong personality; a historical personality; a television personality; personality traits; a person; a very important person; personal property; personal computer; personal experience; deep personal; somebody's own personal space

– to reject an idea; to reject a proposal; to reject a request; to reject something completely; to reject something out of hand; to reject somebody’s opinion; to reject somebody; to be rejected; rejection; a rejection letter

#### **Exercise 4**

*Write a paragraph expressing your own attitude to the information given in the text.*

### **TEXT 3**

---

Children have three essential types of needs – emotional, physical and intellectual. You may not be able to meet all their needs as you would like. What matters is doing the best you can.

*Love.* This is the most vital need of all. If you can love children without expecting anything in return, they will grow up feeling more confident and positive about themselves and more able to love others.

*Praise.* Children need a lot of praise – not just for achieving things, but for trying too.

*Physical care.* This includes warmth, regular nutritious meals and plenty of rest.

*Routines.* Most children feel more secure if a few things happen at roughly the same time every day and any changes in routine are explained to them.

*Stimulation.* Try to provide a variety of creative interesting things for your children to do. Encourage them to explore and take on new challenges if you think they are ready for them. Your interest and praise will help to build their self-esteem.

*Talking.* Talk to your baby or child as much as possible and encourage them to talk to you.

*Independence.* This means encouraging them to learn to do things for themselves, like getting dressed and feeding themselves. It also means allowing them to make choices sometimes, perhaps about which clothes they wear or which toys they prefer to play with.

*Respect.* Children deserve to be treated with courtesy, just like adults. They should be told about decisions which affect them, like hospital visits or separations. They have rights too.

## Vocabulary

achieve, <i>v</i>	добиваться, достигать, успешно выполнять
allow, <i>v</i>	позволять, разрешать
challenge, <i>n</i>	сложная задача, проблема
confident, <i>adj</i>	уверенный, самоуверенный
courtesy, <i>n</i>	учтивость, обходительность, вежливость, любезность
creative, <i>adj</i>	креативный, творческий, созидательный
deserve, <i>v</i>	заслуживать, быть достойным чего-л.
encourage, <i>v</i>	ободрять, поощрять, поддерживать
essential, <i>adj</i>	существенный, основной
explore, <i>v</i>	исследовать, изучать
include, <i>v</i>	заключать, включать в себя, содержать в себе
matter, <i>v</i>	1) иметь значение, значить 2) быть значимым, существенным
nutritious, <i>adj</i>	питательный
praise, <i>n</i>	(по)хвала, восхваление
praise, <i>v</i>	хвалить, восхвалять
provide, <i>v</i>	снабжать, доставлять, обеспечивать
roughly, <i>adv</i>	приблизительно, на глаз, ориентировочно
secure, <i>adj</i>	1) безопасный, надёжный 2) безмятежный, спокойный 3) уверенный в (чём-л.)
self-esteem, <i>n</i>	самоуважение, чувство собственного достоинства
take on, <i>v</i>	браться (за дело)

variety, <i>n</i>	многообразиие, разнообразиие
vital, <i>adj</i>	(жизненно) важный, существенный, необходимый
warmth, <i>n</i>	1) тепло 2) сердечность, душевность

**Answer the following questions.**

1. What types of needs do children have?
2. Do you agree that love is the most vital need of all? Why?
3. Why do children need much praise?
4. What does physical care include?
5. Where do children feel more secure?
6. Is it important to talk to your baby or child? Why?
7. What does independence mean for children?
8. Is it necessary to respect your child? Why?

**Exercise 1**

*Match the words with their definitions.*

- 1) courtesy
- 2) praise
- 3) warmth
- 4) self-esteem
- 5) variety
- 6) challenge

- a) words that show that you approve of and admire somebody/something
- b) a feeling of being happy with your own character and abilities
- c) a number of different kinds or examples of the same thing
- d) a new or difficult task that tests somebody's ability and skill
- e) politeness, respect, and consideration for others
- f) the state or quality of being enthusiastic and/or friendly

## **Exercise 2**

*Arrange the following words in pairs of synonyms.*

to permit, to explore, politeness, approximately, diversity, to investigate, assured, to provide, to supply, roughly, variety, to allow, confident, courtesy

## **Exercise 3**

*Translate the following words and word combinations into Russian paying attention to your active vocabulary and derivatives:*

– to achieve one's aim; to achieve success; to achieve recognition in something; to achieve results; achievement in something; great achievements; scientific achievement; high achiever; low achiever

– to explore carefully; to explore a problem; to explore an idea; to explore the possibilities; an explorer; a space explorer; exploration; to conduct exploration; scientific exploration

– to provide somebody with something; to provide for a family; to provide a benefit; to provide a service; provided by the agreement; provided school; provided that

– a secure lock; a secure computer; secure environment; a secure job; safe and secure; to feel secure; to be secure from danger; insecure; to secure one's life; to secure a place; security; security services

– vital force; vital energy; of vital importance; vital activity; vital signs; lack of vitality; the vitality of young children; vitalize

## **Exercise 4**

*Write a paragraph expressing your own attitude to the information given in the text.*

## TEXT 4

---

By the age of two, most children will be trying to copy real words and will chat to themselves. Encourage this as much as you can. Your child learns language from you, so talk to him as much as possible right from the start, even if you find it a bit embarrassing.

From about the age of three, children begin to make friends and enjoy the company of other children. If your child is very shy, he might prefer just to watch others play for a while. Try not to force him to take part. He'll soon join in when he feels ready.

Now is the time when most children will be ready to start going to a playgroup or a nursery school and many will start "big school" before they are five. This is when many parents realize, perhaps for the first time that their parenting efforts are suddenly on view to the public.

Starting school can be an overwhelming experience for some children, especially if they have not been going to a nursery or playgroup. Try to find time, right from the start, to talk to your child's teacher about any worries you or your child may have. You may also need to be extra patient for a while, as your child may find starting school quite a struggle at first and may get tired and cross more quickly.

### Vocabulary

cross, <i>adj</i>	злой, раздражённый, сердитый
embarrassing, <i>adj</i>	стеснительный, смущающий
force, <i>v</i>	заставлять, принуждать, вынуждать
nursery school, <i>n</i>	детский сад
overwhelming, <i>adj</i>	1) огромный; несметный 2) непомерный, крайний, чрезвычайный
patient, <i>adj</i>	терпеливый, снисходительный
shy, <i>adj</i>	застенчивый, робкий, стеснительный
struggle, <i>n</i>	борьба



**Answer the following questions.**

1. What will children be trying to do by the age of two?
2. Why do parents have to talk to their child as much as possible right from the start?
3. When do children begin to make friends and enjoy the company of other children?
4. What do children prefer to do if they are very shy?
5. Is it necessary to force children to take part in playing?
6. What are most children ready to start before they are five?
7. When do many parents realize that their parenting efforts are on view to the public?
8. Why can starting school be an overwhelming experience for some children?
9. What do parents have to talk to their child's teacher about?
10. Why do parents need to be extra patient when their children start school?

**Exercise 1**

*Match the words with their definitions.*

- 1)cross
- 2)embarrassing
- 3)shy
- 4)overwhelming
- 5)patient

- a) able to wait for a long time or accept annoying behaviour or difficulties without becoming angry
- b)rather angry or irritated
- c)very great in amount
- d)making you feel shy, uncomfortable or ashamed
- e)nervous and uncomfortable in the company of other people

## **Exercise 2**

*Translate the following words and word combinations into Russian paying attention to your active vocabulary and derivatives:*

– to be patient with somebody; to be endlessly patient; to remain patient; a patient; to cure a patient; to examine a patient; to show patience; to lose one's patience; to try somebody's patience; to do something with great patience; a person of a great patience; to wait patiently

– struggle for existence; struggle for peace; struggle with somebody; to carry on a struggle; the struggle between good and evil; to struggle against difficulties; to struggle for one's living; to struggle bravely; to struggle to do something; struggler

## **Exercise 3**

*Write a paragraph expressing your own attitude to the information given in the text.*

## **TEXT 5**

---

*Please, remember!*

– It can take time for love for your baby to grow, so don't worry if you are one of the many parents who don't feel love instantly.

– You can't spoil a new baby. The more you cuddle and attend to his or her needs, the more the love between you will grow.

– This is *your* baby, so try not to compare his or her progress or personality with those of other babies, all babies, like adults, are different.

– Listen to your baby or children to learn what he or she needs.

– Trust your own instincts more than the advice of well-meaning friends.

– Don't tell your children they are being naughty when what you really mean is that you are finding it difficult to cope with their behaviour.

– Most two-year-olds have temper tantrums – usually, because they are frustrated and want to do more than they are able to do. As they get older the tantrums should stop.

– Distracting children from behavior you don't like is much better than punishing them for it.

– Don't expect too much of your child when he or she is learning to make friends and manage in the big, wide world of nursery or school, it all takes time.

– Be positive about your children's appearance and efforts and give them lots of praise.

## Vocabulary

appearance, <i>n</i>	внешний вид, наружность
compare, <i>v</i>	сравнивать, сличать
cuddle, <i>v</i>	обнимать, прижимать к себе
distract, <i>v</i>	отвлекать, уводить в сторону
frustrated, <i>adj</i>	расстроенный, недовольный, отчаявшийся
instantly, <i>adv</i>	немедленно, тотчас, незамедлительно
manage, <i>v</i>	1) справляться 2) руководить, управлять
naughty, <i>adj</i>	непослушный, капризный
punish, <i>v</i>	наказывать
tantrum, <i>n</i>	приступ гнева (особенно у ребёнка)
temper, <i>n</i>	1) характер, нрав 2) самообладание, сдержанность
trust, <i>v</i>	верить, доверять, полагаться
well-meaning, <i>adj</i>	действующий из лучших побуждений

**Answer the following questions.**

1. Should parents worry if they do not feel love for their babies instantly?
2. Why should parents not compare their baby's personality or progress with those of other babies?
3. Are all babies different?
4. Why should parents listen to their baby or children?
5. What should parents trust more – their own instincts or the advice of well-meaning friends?
6. What should parents not tell their children when they can't cope with their behaviour?
7. Why do most two-year-olds have temper tantrums? When do they stop?
8. What is better than punishing children for behaviour?

**Exercise 1**

*Match the words with their definitions.*

- 1) to cuddle
- 2) to compare
- 3) to manage
- 4) to punish
- 5) to trust

- a) to make someone suffer in some way because they have done something wrong
- b) to have confidence in somebody; to believe that somebody is good, sincere, honest
- c) to succeed in doing something
- d) to put your arms round someone and hold them close as a way of showing your affection
- e) to discover the differences or similarities between things

## **Exercise 2**

*Translate the following words and word combinations into Russian paying attention to your active vocabulary and derivatives:*

– to manage to do something; to manage a child; to manage situation; to manage without something; to manage an organization; to manage a hotel; to manage time; a manager; an assistant manager; a city manager; management; efficient management; join the management

– to punish somebody for something; to punish somebody severely; to be punished lightly; punishment; to escape punishment; to give punishment

– to trust in somebody; to trust somebody's advice; to trust somebody completely; to trust blindly; to trust somebody to do something; absolute trust; to take on trust; to enjoy a lot of trust; to be based on trust; a trusted friend; a trusted adviser; a trustful child

## **Exercise 3**

*Write a paragraph expressing your own attitude to the information given in the text.*

## **TEXT 6**

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Until the age of about two your baby learns mainly through seeing, hearing and touching.

Playing is another important way babies can practise new skills and learn about the world around them. Only a very unhappy or ill child will not want to play. Through play you can help your child to learn all kinds of new skills, so never feel guilty about spending time playing with your child. However, don't feel you have to join in all the time. Children need to make some of the exciting discoveries for themselves.

Try to make life easier for yourself by moving any dangerous, breakable or valuable objects out of reach, so that your child can explore safely, and you can feel more relaxed.

Provide a variety of toys – a wooden spoon and a plastic cup are just as exciting to your baby as expensive new toys. If you are not sure which toys are right for which age, ask your health visitor or friends with children.

Many small children become very attached to a special toy or object like a dummy or blanket. Provided these are kept clean, parents need not worry. They can be very comforting to your child and can help him feel secure. They will be given up when no longer needed.

### **Vocabulary**

breakable, <i>adj</i>	хрупкий, ломкий
comforting, <i>adj</i>	утешительный
discovery, <i>n</i>	открытие, обнаружение, находка
exciting, <i>adj</i>	1) возбуждающий, волнующий 2) захватывающий, увлекательный
guilty, <i>adj</i>	виновный
skill, <i>n</i>	искусство, мастерство, умение, навык
valuable, <i>adj</i>	ценный, дорогой, дорогостоящий
wooden, <i>adj</i>	деревянный

### **Answer the following questions.**

1. What does a baby mainly learn through until the age of about two?
2. What is another important way babies can practise new skills and learn about the world around them?
3. Do all children want to play?
4. What can you help your child to learn through play?

5. Should parents feel guilty about spending time playing with their child? Do they have to join all the time?

6. What do children need to make?

7. How can parents make their life easier when their child begins to explore something around?

8. Is it important to provide a variety of toys for your child? Why?

9. What should parents do if they are not sure which toys are right for which age?

10. What do many children often become very attached to? Why?

### **Exercise 1**

*Match the words with their definitions.*

1) to practise

2) to explore

3) to provide

4) to worry

a) to keep thinking about problems that you have or about unpleasant things that might happen

b) to keep doing something regularly in order to be able to do it better

c) to travel to or around an area or a country in order to learn about it

d) to give something to somebody or make it available for them to use

### **Exercise 2**

*Translate the following words and word combinations into Russian paying attention to your active vocabulary and derivatives:*

– to make an important discovery; a scientific discovery; an exciting discovery; discovery in something; to discover a new island; to discover the truth; a discovered defect; a discoverer

– an exciting story; an exciting adventure; an exciting opportunity; to excite; to be excited; excitement; to feel excitement about something; great excitement; with excitement

– valuable information; valuable advice; valuable for something; somebody's valuable possessions; valuables; to keep one's valuables in a safe; value; of no value; to put much value upon something; cultural values; to value; to value somebody highly

### **Exercise 3**

*Write a paragraph expressing your own attitude to the information given in the text.*

## **TEXT 7**

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People have very different ideas about good and bad behaviour. What is acceptable in one family can be quite the opposite in another. If you feel you have a problem with your child's behaviour, think carefully about whether it might really be your problem.

It is never naughty or dirty for small children to wet or soil themselves. It takes at least 18 months for children to control their bladder and bowels. Two and a half to three years is a reasonable age for them to be potty trained.

It's not naughty to feel jealous. It's only natural for children who have been used to being the centre of attention to feel jealous of a new arrival, for example.

Very young children are rarely capable of sharing unselfishly. This is something they have to learn. So, don't expect too much too soon.



Crying is not naughty. It's your child's way of expressing his feelings to you.

If a small child hurts an adult perhaps by pulling his hair or poking in the eye, this is either accidental or a natural curiosity to see what happens. Your child doesn't know that it hurts you, and you should never be tempted to hurt your child in return.

If your child seems to be trying to get attention by being naughty, think whether you are giving him enough attention at other times.

Try not to have too many confusing rules. Your child will want to make some decisions on his own. You don't always have to prove that you're the boss.

It is quite natural to a small child to have times when he or she appears to prefer one parent and reject the other.

And always remember that children learn more by example than by words. So it is a waste of time telling your child not to do something if you then go ahead and do it yourself.

## Vocabulary

acceptable, <i>adj</i>	приемлемый, допустимый, удовлетворительный
accidental, <i>adj</i>	случайный, временный
bladder, <i>n</i>	мочевой пузырь
bowel, <i>n</i>	кишечник, пищеварительный тракт
capable, <i>adj</i>	способный, одарённый
confusing, <i>adj</i>	сбивающий с толку
curiosity, <i>n</i>	любопытство
jealous, <i>adj</i>	ревнивый, завистливый
opposite, <i>adj</i>	противоположный
poke, <i>v</i>	совать, пихать, тыкать, толкать
potty, <i>n</i>	детский горшок
prove, <i>v</i>	доказывать
selfish, <i>adj</i>	эгоистичный, себялюбивый

share, v	делить, делиться
tempt, v	соблазнять, искушать
train, v	вырабатывать навыки, приучать, обучать
waste, n	излишняя или ненужная трата

**Answer the following questions.**

1. What ideas about good and bad behaviour do people have?
2. What should you think carefully about if you feel you have a problem with your child's behaviour?
3. Is it naughty or dirty for small children to wet or soil themselves?
4. How long does it take children to learn to control their bladder and bowels?
5. What is a reasonable age for children to be potty trained?
6. What is natural for children who have been used to being the centre of attention?
7. Are young children capable of sharing unselfishly?
8. What is crying?
9. Why can young children hurt an adult perhaps by pulling his hair or poking in the eye? What should you never do?
10. How and why do children sometimes try to get your attention?
11. Should parents have many confusing rules?
12. Is it natural to a small child to have times when he or she appears to prefer one parent and reject the other?
13. Do children learn more by example or by words?

**Exercise 1**

*Match the words with their definitions.*

- 1) curiosity
- 2) selfish
- 3) jealous

- 4) waste
- 5) accidental

- a) feeling angry or unhappy because somebody you like or love is showing interest in somebody else
- b) a strong desire to know about something
- c) the act of using something in a careless or unnecessary way, causing it to be lost or destroyed
- d) caring only about yourself rather than about other people
- e) happening by chance, not planned

### **Exercise 2**

*Translate the following words and word combinations into Russian paying attention to your active vocabulary and derivatives:*

- capable of something; capable of doing something; a capable speaker; a capable child; a capable musician; in somebody's capable hands; capability; within one's capabilities; to demonstrate one's capability; the capability to win; capably
- a selfish child; a selfish action; selfish behaviour; to be selfish in one's desires; to act from selfish motives; unselfish; selfishly; selfishness
- a confusing detail; a confusing situation; confusion; general confusion; to put somebody to confusion; to clear up confusion; in the confusion; to confuse; to confuse somebody with somebody; to confuse an issue; to be confused

### **Exercise 3**

*Write a paragraph expressing your own attitude to the information given in the text.*

## TEXT 8

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Putting your child first does not mean ignoring your own needs. Happy parents tend to have happy children. So it is important to spend some time thinking about your own needs and feelings.

No matter how much you longed to have a baby, in the early days you will probably feel quite overwhelmed by the tremendous responsibility of caring for a new person. It is likely to be the single most important change in your life and nothing will ever be exactly the same again. You are no longer free to come and go as you please, even down to when you sleep or have a cup of tea!

Some parents, thrilled with the baby, have no problems. But for many others the changes can be devastating. This is especially true for parents who did not feel ready for the baby or who felt they did not have enough time to do all the things they had planned to do with their lives.

- If this is how you feel, don't despair. Try to hold on to the idea that sooner or later your baby will become a much more independent person and you will be able to take part in nearly all the things you enjoyed before the birth.

- Try to remember that all the things you don't enjoy now won't last forever.

- Make the most of the times when your baby is asleep to have a rest yourself.

- Treat yourself to something special when you can.

- Make the most of any aspects of your new baby that you particularly enjoy – like choosing new clothes or a new toy for him.

## Vocabulary

care, <i>v</i>	заботиться, ухаживать
despair, <i>v</i>	падать духом, отчаиваться, терять надежду
devastating, <i>adj</i>	опустошительный, разрушительный
forever, <i>adv</i>	навсегда, навечно
ignore, <i>v</i>	игнорировать, пренебрегать, не придавать значения
long, <i>v</i>	очень хотеть, страстно желать
particularly, <i>adv</i>	очень, чрезвычайно, в высокой степени
please, <i>v</i>	желать, хотеть
tend, <i>v</i>	иметь тенденцию, клониться, склоняться
thrill, <i>v</i>	испытывать трепет, дрожь, сильно волноваться
tremendous, <i>adj</i>	огромный, гигантский, громадный

### Answer the following questions.

1. Does putting your child first mean ignoring your own needs?
2. What do happy parents tend to have?
3. Is it important to spend some time thinking about your own needs and feelings? Why?
4. Why do parents often feel quite overwhelmed?
5. Are parents free to come and go as they please when they have a small child?
6. Do all parents feel ready for a baby?
7. What would you recommend to parents to change the situation?

### Exercise 1

*Match the words with their definitions.*

- 1) to despair
- 2) to thrill

- 3) to long
- 4) to ignore
- 5) to care

a) to like or love somebody and worry about what happens to them

b) to stop having any hope that a situation will change or improve

c) to pay no attention to something

d) to cause somebody to feel very pleased or excited

e) to want something very much especially if it does not seem likely to happen soon

## **Exercise 2**

*Translate the following words and word combinations into Russian paying attention to your active vocabulary and derivatives:*

– to despair deeply; to despair of success; to despair of one's son; to despair of doing something; total despair; to overcome despair; to save somebody from despair; in despair; to drive somebody to despair; despaired; a despairing cry; a despairing sigh; despairingly; to look despairingly at something; desperation

– to care about something; to care for somebody; not to care a straw; to care for music; to take care of somebody; parental care; loving care; in care; careful; careful children; careful examination of something; to be careful to keep one's word; carefully; to manage carefully; careless; carefulness

– to thrill with horror; to thrill somebody; to be thrilled with something; a thrill of joy; a thriller; a spy thriller; a thrilling film; a thrilling adventure; a thrilling experience; thrillingly

### Exercise 3

*Write a paragraph expressing your own attitude to the information given in the text.*

## TEXT 9

---

Children can get great satisfaction from making things and then eating them, and the kitchen provides them with endless opportunities for learning.

It gives them their first taste of science and the chance to learn about concepts such as quantity, shape and time. It can improve their counting and reading, increase their vocabulary, develop their manipulative skills and teach them how to concentrate and cooperate with another person.

An added bonus for parents is that cooking can sometimes help to cure fussy eaters.

Children need constant supervision when they are cooking and take a long time to do things so if you are in a hurry don't let them join in. There are several things in the kitchen that children might enjoy sorting into groups. Try giving them the cutlery tray; various root vegetables, different types of pasta or beans, or tins. If your scales are the balance type, you could give them an assortment of objects to balance and weigh. Or, if you can spare some cheap ingredients such as flour, oats, rice or pasta, let them do some play cooking with these. They can also learn a lot just by watching you cook.

### Vocabulary

assortment, *n*

ассортимент, выбор

concept, *n*

концепция, представление, понятие

cooperate, *v*

сотрудничать, взаимодействовать

cure, <i>v</i>	излечивать, исцелять
cutlery, <i>n</i>	столовые приборы (ножи, вилки, ложки)
flour, <i>n</i>	мука
fussy, <i>adj</i>	привередливый, придирчивый, требовательный
improve, <i>v</i>	улучшать, совершенствовать
increase, <i>v</i>	возрастать, увеличиваться, расти, усиливаться
manipulative, <i>adj</i>	связанный с манипуляцией, управлением
opportunity, <i>n</i>	удобный случай, возможность
quantity, <i>n</i>	количество, численность, число
satisfaction, <i>n</i>	1) удовлетворение 2) удовольствие, радость
scales, <i>n</i>	весы
shape, <i>n</i>	форма, очертание
spare, <i>v</i>	уделять (что-л. кому-л.)
supervision, <i>n</i>	надзор, контроль
weigh, <i>v</i>	взвешивать

**Answer the following questions.**

1. What can children get great satisfaction from?
2. What does the kitchen provide children with?
3. What can cooking help to cure?
4. What do children need when they are cooking?
5. What things in the kitchen do children often enjoy sorting into groups?
6. What things can parents give their children to play with?

**Exercise 1**

*Match the words with their definitions.*

- 1) quantity
- 2) assortment
- 3) cutlery
- 4) satisfaction
- 5) opportunity



- a) a time when a particular situation makes it possible to do or achieve something
- b) an amount or a number of something
- c) the good feeling that you have when you have achieved something or when something that you wanted to happen does happen
- d) a collection of different things or of different types of the same thing
- e) knives, forks and spoons, used for eating and serving food

## **Exercise 2**

*Translate the following words and word combinations into Russian paying attention to your active vocabulary and derivatives:*

– to cooperate closely; to cooperate with somebody in doing something; to cooperate with each other; cooperation; in cooperation with somebody; to achieve cooperation; to increase cooperation; co-operative efforts; cooperative activity; cooperative neighbours; co-operator

– deep satisfaction; to express satisfaction; to feel satisfaction; to one's satisfaction; to do something with satisfaction; to find satisfaction in something; to satisfy; to satisfy somebody's curiosity; to satisfy a request; to be satisfied with something; a satisfactory result; a satisfactory answer; a satisfactory mark at the examination; satisfying books; a satisfying solution; satisfyingly

– in the shape of something; to give shape to something; to get one's ideas into shape; to take shape; to be in good/bad shape; to keep oneself in shape; to be out of shape; to shape a stone; to be shaped; egg-shaped; ring-shaped; shapeless; shapelessness

## **Exercise 3**

*Write a paragraph expressing your own attitude to the information given in the text.*

## TEXT 10

---

A great deal – if not the major part – of learning takes place outside of school and much of this is accomplished even before the child enters school. The vocabulary and concepts round him are vital in providing a framework within which his own intellectual growth can take place. If this framework is bare, his own development is likely to be slow; a rich framework of words and ideas will provide food for more rapid growth.

A home conducive to learning is one where there is a feeling for the spoken and written word as a tool for conveying precise meaning, and where children are stimulated to question the world around them and receive explanations appropriate to their age.

There are two senses in which a child from such a home comes to school ready to learn. He is intellectually ready as his language and concepts are already well structured so that the school is building on established foundations. But he is also psychologically ready to acquire new skills. For example he has learned that reading provides pleasure and he wants to be a part of the literary community as soon as possible. His whole attitude to school is conditioned by his parents' high regard for education.

### Vocabulary

accomplish, <i>v</i>	совершать, выполнять
acquire, <i>v</i>	получать, приобретать
appropriate, <i>adj</i>	адекватный, подходящий, соответствующий
attitude, <i>n</i>	позиция, отношение
convey, <i>v</i>	сообщать, передавать
dare, <i>adj</i>	голый, обнажённый
establish, <i>v</i>	устанавливать

foundation, <i>n</i>	фундамент, основание
framework, <i>n</i>	остов, каркас
major, <i>adj</i>	1) более важный, значительный 2) больший, составляющий большую часть
meaning, <i>n</i>	значение, смысл
precise, <i>adj</i>	точный, определённый
rapid, <i>adj</i>	быстрый, скорый
regard, <i>n</i>	1) внимание, забота 2) расположение, уважение
tool, <i>n</i>	1) инструмент 2) способ, средство, приспособление

**Answer the following questions.**

1. Where does a great deal of learning take place?
2. What is vital in providing a framework within which a child's intellectual growth can take place?
3. What happens if this framework is bare?
4. What happens if this framework is rich?
5. What proves that a child is intellectually ready to learn?
6. What proves that a child is psychologically ready to acquire new skills?
7. What can a child's attitude to school be conditioned by?

**Exercise 1**

*Match the words with their definitions.*

- a) foundation
- b) tool
- c) regard
- d) meaning
- e) attitude

- 1) the way that you think and feel about somebody/something

2) a principle, an idea or a fact that something is based on and that it grows from

3) the thing or idea that a sound, word, sign, etc. represents

4) a thing that helps you to do your job or to achieve something

5) attention to or thought and care for somebody/something

## **Exercise 2**

*Translate the following words and word combinations into Russian paying attention to your active vocabulary and derivatives:*

– to acquire friends; to acquire a habit; to acquire a good knowledge of something; to acquire a reputation; acquired; acquired skills; an acquired taste; acquirement

– to establish contacts; to establish relations; to establish the truth of something; to establish a firm; to be established; established by law; established order; establishment; a scientific establishment

– to show regard; in regard to; without regard; as regards; to regard somebody as a hero; to regard somebody as one's friends; to regard somebody with sympathy; regardful; regardless of danger; regardless of one's health; regarding

## **Exercise 3**

*Write a paragraph expressing your own attitude to the information given in the text.*

## **TEXT 11**

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### Early Friendships

Through friendships and more casual interactions, young children learn how to get along with others. They learn the importance of *being* a friend in order to *have* a friend. They learn how to solve

problems (especially those centering on relationships) and how to put themselves in another person's place, and they see models of other kinds of behaviour. They also learn values (including moral attitudes and gender-role norms), and they can practice adult roles.

Young children, like people of all ages, define a friend as "someone you like". The voluntary nature of friendships makes them more fragile than the more permanent ties with siblings, parents, and other relatives. These early friendships are, like later ones, one-on-one relationships. We may play with a group, but we are friends with the individuals within it.

How do young children choose friends? They usually become friendly with other children who like to do the same kinds of things, and so friends usually have similar energy and activity levels and are of the same age and sex.

One investigation of the conceptions of friendship held by 4- to 7-year-olds confirms and adds to these findings. After interviewing the children, the investigators showed them pictures and asked them which activities shown would make children friends, and which were the important features of friendship in the pictures.

The most important features of friendship were *common activities* (doing things together), *affection* (liking and caring for each other), *support* (sharing and helping), and, to a lesser degree, *propinquity* (living nearby or going to the same school). The older children rated affection and support higher than the younger children and rated *physical characteristics* (appearance and size) lower.

Why is one child sought out as a playmate or friend when another is not? Children who have friends talk more to other children and take turns directing and following. They smile often, share their toys, and offer help. On the other hand, children who are disruptive or aggressive tend to be rejected by their age-mates, and those who are shy or withdrawn are ignored. Friendless children either fight with others or stand on the side lines and watch them.

In one study, 65 kindergartners were shown pictures illustrating story situations related to making and keeping friends and were asked what the child in the picture should do. Unpopular children were more likely to be aggressive (12 percent suggested that the child should beat up a child who grabs toys, compared with only 2 percent of popular children). They were also less resourceful giving only vague suggestions or looking for help from an authority rather than coping independently with situations. While both groups were assertive, the popular children were more cooperative and more effective.

It is encouraging to note, however, that the two groups were not greatly different: about two-thirds of the responses by popular children were also given by the unpopular children. This suggests that unpopular children can be taught the kinds of responses that will help them make friends.

## Vocabulary

affection, <i>n</i>	любовь, чувство близости, привязанность
assertive, <i>adj</i>	чрезмерно настойчивый, напористый
authority, <i>n</i>	1) власть 2) авторитет, крупный специалист
casual, <i>adj</i>	случайный, бессистемный
define, <i>v</i>	определять, давать определение
degree, <i>n</i>	степень
disruptive, <i>adj</i>	разрушительный, опустошительный
feature, <i>n</i>	особенность, характерная черта
fragile, <i>adj</i>	хрупкий, ломкий
get along, <i>v</i>	уживаться, ладить
grab, <i>v</i>	схватывать, хватать
interaction, <i>n</i>	взаимодействие
investigator, <i>n</i>	исследователь, испытатель
permanent, <i>adj</i>	постоянный, неизменный
playmate, <i>n</i>	друг детства, товарищ по детским играм

propinquity, <i>n</i>	близость, соседство
rate, <i>v</i>	оценивать, расценивать, ценить
relationship, <i>n</i>	взаимоотношение, взаимосвязь
resourceful, <i>adj</i>	изобретательный, находчивый
response, <i>n</i>	реакция, ответ
share, <i>v</i>	делить, делиться
sibling, <i>n</i>	брат или сестра
similar, <i>adj</i>	подобный, похожий, сходный
solve, <i>v</i>	решать, разрешать
support, <i>v</i>	поддерживать
ties, <i>n</i>	связь, узы
vague, <i>adj</i>	неопределённый, неясный, смутный
value, <i>n</i>	ценность
voluntary, <i>adj</i>	произвольный, добровольный, сознательный
withdrawn, <i>adj</i>	замкнутый, одинокий

**Answer the following questions.**

1. What do children learn to do through friendships and casual interactions?
2. How do young children define a friend?
3. How do young children usually choose friends?
4. What are the most important features of friendship according to young children?
5. What are the most important features of friendship according to older children?
6. Why is one child sought out as a playmate or friend when another is not?

**Exercise 1**

*Match the words with their definitions.*

- a) to share
- b) to define
- c) to grab
- d) to solve

e) to support

1) to help or encourage somebody/something by saying or showing that you agree with them/it

2) to find a way of dealing with a problem or difficult situation

3) to have, use or experience something at the same time as somebody else

4) to say or explain what the meaning of a word or phrase is

5) to take or hold somebody/something with your hand suddenly or roughly

## **Exercise 2**

*Translate the following words and word combinations into Russian paying attention to your active vocabulary and derivatives:*

– a casual meeting; a casual acquaintance; a casual event; a casual user; at a casual glance; casual atmosphere; casual occasions; to be casual about something; casuals; casually; to chat casually on the phone; casualness

– a permanent member; a permanent job; a permanent address; a permanent state of fear; permanent ink; on a permanent basis; permanence; a sense of permanence in one's life; permanently

– similar to something; similar in colour; a similar opinion; a similar method; on similar occasions; to be in a similar situation; to look similar in appearance; similarity; striking similarity; close similarity; similarity between A and B; similarly; to be similarly dressed; similitude

## **Exercise 3**

*Write a paragraph expressing your own attitude to the information given in the text.*



## TEXT 12

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### Helping Children Make Friends

Few sights are more pathetic than a child who is all alone because “nobody wants to play with me”. Having friends is important to a child’s self-esteem, as well as to other aspects of personality development. Research suggests the following ways in which adults can help unpopular children improve their relationships with peers.

– Praise children generously and reward them in other ways for cooperative behaviour.

– Keep the number of rules to a minimum, make them clear, and explain the reasons for them.

– Set a good example by being warm and nurturant and sharing with both children and adults. Work toward building the child’s self-esteem.

– Encourage children to participate in small groups of two or three rather than in larger groups.

– Read to children from books about lonely or shy animals and children who learn to make friends.

– Play with them, using dolls, puppets, and role-playing to show social skills.

– Find or start a play group for children who do not have the opportunity to play with other children; only by being with others can a child learn the kind of give-and-take that is necessary for getting along with peers.

### Vocabulary

generously, *adv*

обильно, щедро, много

nurturant, *adj*

1) воспитательный

2) заботливый

participate, <i>v</i>	участвовать, принимать участие
pathetic, <i>adj</i>	трогательный, умилительный
peer, <i>n</i>	ровесник, сверстник
reason, <i>n</i>	причина, повод, основание
reward, <i>v</i>	награждать, давать награду

**Answer the following questions.**

1. Why is having friends important to a child's self-esteem?
2. What are the ways in which adults can help unpopular children improve their relationships with peers?
3. What books should parents read to their children?

**Exercise 1**

*Match the words with their definitions.*

- a) necessary
- b) social
- c) nurturant
- d) pathetic

- 1) relating to the fact of taking care of or nurturing, or the ability to do so, in both a physical and emotional manner
- 2) making you feel sad
- 3) needed for a purpose or a reason
- 4) connected with society and the way it is organized

**Exercise 2**

*Translate the following words and word combinations into Russian paying attention to your active vocabulary and derivatives:*

– personal reason; every reason; by reason of; within reason; to have a reason for doing something; for no reasons; for this/that reason; to reason out of something; to reason somebody into doing something; to be reasonable about doing something; reasonable

prices; in a reasonable way; reasonably; reasonably formulated; reasonless

– to reward for something; to reward somebody generously; to reward somebody for one's services; a well-deserved reward; in reward for something; to receive a reward; to be justly rewarded; a rewarding experience; a rewarding job

### **Exercise 3**

*Write a paragraph expressing your own attitude to the information given in the text.*

## **TEXT 13**

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### Family Ties and Popularity

Young children's relationships with brothers and sisters often carry over to relationships with other children. However, patterns established with siblings are not always repeated with friends. For example, a child who is dominated by an elder sibling can easily step into a dominant role with a playmate when appropriate; and by and large, children are more prosocial and playful with playmates than with siblings.

Young children's relationships with their parents also affect the way they get along with other children. Preschoolers who were securely attached as infants tend to have more friends and to be considered more socially competent by their teachers than children who were insecurely attached.

Parents of rejected or isolated children often have distinct profiles. The mothers do not have confidence in their parenting, rarely praise their children, and do not encourage them to be independent; the fathers pay little attention to their children, do not like being disturbed by them, and consider child rearing women's work.

The parents of popular children, on the other hand, have warm, positive relationships with their children, discipline them with rea-

soning rather than punishment, and are more likely to be authoritative than authoritarian.

Furthermore, children seem to pick up social behaviours from their parents: one study of first graders found that agreeable mothers have agreeable children, mothers who talk about their feelings to other adults have children who focus on their own feelings, and disagreeable mothers have disagreeable children. Parents are powerful models in peer relationships as in many other aspects of behaviour, a fact that clearly emerges from the ways young children play. In their play – which is an important part of personality development in early childhood – children often show how closely they have been watching and listening to their parents.

### **Vocabulary**

agreeable, <i>adj</i>	приятный, милый
authoritarian, <i>adj</i>	авторитарный
authoritative, <i>adj</i>	авторитетный, влиятельный
by and large	в общем и целом, в общем
competent, <i>adj</i>	осведомлённый, сведущий
confidence, <i>n</i>	уверенность, убеждённость, непоколебимость
disturb, <i>v</i>	волновать, тревожить, беспокоить
emerge, <i>v</i>	появляться, всплывать, выходить
infant, <i>n</i>	младенец, ребёнок
isolated, <i>adj</i>	изолированный, отдельный
pattern, <i>n</i>	образец, модель, шаблон
pick up, <i>v</i>	нахвататься, быстро научиться (чему-либо)
profile, <i>n</i>	краткий биографический очерк; сведения из биографии
rearing, <i>n</i>	разведение, выращивание, выведение
step, <i>v</i>	ступать, шагать, делать шаг

**Answer the following questions.**

1. Are patterns established with siblings always repeated with friends?
2. What can a child who is dominated by an elder sibling easily do?
3. Are children more prosocial and playful with playmates or with siblings?
4. What affects the way children get along with other children?
5. What preschoolers tend to have more friends and to be considered more socially competent by their teachers?
6. What are the relationships between the rejected or isolated children and their parents?
7. What are the relationships between the popular children and their parents?
8. Do children pick up social behaviours from their parents?
9. What do children often show in their play?

**Exercise 1**

*Match the words with their definitions.*

- a) to emerge
- b) to disturb
- c) pattern
- d) to pick up
- e) profile
- f) confidence

- 1) to get better, stronger, etc.; to improve
- 2) to move out of or away from something and become possible to see
- 3) to interrupt somebody when they are trying to work, sleep, etc.
- 4) the regular way in which something happens or is done

5) the feeling that you can trust, believe in and be sure about the abilities or good qualities of somebody/something

6) a description of somebody/something that gives useful information

### **Exercise 2**

*Translate the following words and word combinations into Russian paying attention to your active vocabulary and derivatives:*

– confidence in somebody/something; to gain somebody's confidence; to lose somebody's confidence; to speak with confidence; to express confidence; to tell something in confidence; self-confidence; a lack of confidence; to confide in somebody/something; to be confident about something; confident in doing something; a confident manner; to be confident that

– to emerge from something; to emerge from the clouds; to emerge into something; to emerge as something; it emerged that; emergence; the emergence of new technologies

### **Exercise 3**

*Write a paragraph expressing your own attitude to the information given in the text.*

## **TEXT 14**

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### **Guiding Children's Television Viewing**

A typical preschooler watches 3 to 5 hours of television every day. By the time he graduates from high school, he will have spent more time in front of the TV set than in the classroom. Television has many far-reaching effects: it influences children's attitudes about hurting or helping other people, gender roles, alcohol and other drugs, and sexuality and relationships. It can teach positive messages – or negative ones. To help children reap the benefits and

avoid the dangers of this electronic teacher, parents, teachers, and other adults can follow these guidelines:

- *Plan your child's viewing in advance.* Decide with your child which show to watch, turning the set on for that program, and turning it off when the program is over.

- *Set limits.* Restrict your child's viewing to 1 or 2 hours a day at certain set times, taking into account the child's favourite programs.

- *Do not use the television as a reward or punishment,* although you may want to reserve viewing time until after the child has carried out responsibilities like homework and chores.

- *Watch with your child.* This way you will know what your child is seeing and you will be able to use TV to express your own values and feelings about complex issues and to explain confusing scenes.

- *Talk to your child* about such topics as love, work, war, family life, drugs and crime. You can open up conversations about the difference between make-believe and real life, about ways characters could solve problems without violence, and about violence and how it hurts.

- *Set a good example.* Examine your own viewing habits and change them if necessary to help your children develop good habits.

- *Provide alternatives.* Encourage and participate in both indoor and outdoor activities like games, sports, hobbies, reading, and household duties. Use television as a babysitter as little as possible.

- *Resist commercials.* Help your child become a smart consumer by teaching how to recognize a sales pitch and how to tell when a product on a TV show is presented as an advertisement. Talk about foods that can cause cavities and about toys that may break too soon.

- *Supplement television with new technologies.* If you have a video recorder, tape desirable shows or rent movies or special tapes

made for children. If you have cable, ask about devices to lock out inappropriate channels.

– *Recognize your power* in channeling the power of television so that it will enhance your child's life.

## Vocabulary

advertisement, <i>n</i>	объявление, реклама
although, <i>conj</i>	хотя, если бы даже; несмотря на то, что
avoid, <i>v</i>	избегать, остерегаться, сторониться, уклоняться
benefit, <i>n</i>	выгода, польза, прибыль
carry out, <i>v</i>	выполнять, осуществлять, приводить в исполнение
cavity, <i>n</i>	дупло (в зубе)
chore, <i>n</i>	повседневная работа по дому, по хозяйству
commercial, <i>n</i>	коммерческая реклама, рекламный ролик
consumer, <i>n</i>	потребитель
device, <i>n</i>	устройство, приспособление, прибор, аппарат
enhance, <i>v</i>	увеличивать, усиливать, улучшать
examine, <i>v</i>	исследовать, изучать, проверять
far-reaching, <i>adj</i>	далеко идущий, влекущий серьёзные последствия
guideline, <i>n</i>	руководство, установка, методические рекомендации
in advance	заблаговременно, заранее
issue, <i>n</i>	выпуск (продукции), издание (печатной продукции)
lock out, <i>v</i>	запирать, блокировать
make-believe, <i>n</i>	1) притворство 2) игра, в которой дети воображают себя кем-л.
reap, <i>v</i>	жать, пожинать, собирать урожай
reserve, <i>v</i>	запасать, откладывать
resist, <i>v</i>	сопротивляться, противостоять



restrict, <i>v</i>	ограничивать
sales pitch, <i>n</i>	партия товара, выброшенного на рынок
scene, <i>n</i>	явление (в пьесе), сцена (в фильме)
supplement, <i>v</i>	добавлять, дополнять, пополнять
violence, <i>n</i>	жестокость, насилие

**Answer the following questions.**

1. How long does a typical preschooler watch television every day?
2. What far-reaching effects does television have?
3. What guideline should parents follow to help children reap the benefits and avoid the dangers of television?
4. How can parents plan their child's viewing in advance?
5. How can parents set limits?
6. Can parents use the television as a reward or punishment?
7. Why should parents watch TV programs with their children?
8. What should parents talk to their children about when watching TV?
9. Why should parents examine your own viewing habits?
10. Should parent use television as a babysitter? Why not?
11. How can parents help their child become a smart consumer?
12. Do you think it is good for children to watch TV?
13. Do you think TV is educational?

**Exercise 1**

*Match the words with their definitions.*

- a) benefit
- b) guideline
- c) consumer
- d) violence
- e) chore

- 1) a person who buys goods or uses services
- 2) an advantage that something gives you; a helpful and useful effect that something has
- 3) a task that you do regularly
- 4) a set of rules or instructions that are given by an official organization telling you how to do something, especially something difficult
- 5) violent behaviour that is intended to hurt or kill somebody

### **Exercise 2**

*Translate the following words and word combinations into Russian paying attention to your active vocabulary and derivatives:*

– to examine somebody/something; to examine carefully; to examine data; to examine somebody orally; to be examined; exam results; examination papers; examinable; examinational; examinant; examinee

– to reserve a seat; to reserve oneself for something; to be reserved for; a reserved table; a reserved person; all rights reserved; limitless reserve; to keep a reserve; without reserve; a nature reserve; reserve of goods; reservation; advance reservation; to make a reservation; to cancel a reservation; under reservations; reserving

### **Exercise 3**

*Write a paragraph expressing your own attitude to the information given in the text.*

## TEXT 15

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### Positive and Negative Impacts of Electronic Devices on Children

Nowadays, children as young as two play with electronic devices. These devices include video games, television, mobile and apart phone apps, computers, tablets and PSP games. Children tend to be active consumers and many electronic products are targeted to the youth market. It is also true that parents use gadgets and devices to keep their children quiet and in one place for a period of time.

Electronic devices can be useful but also have negative impact if they are over-used. Let's look at some of the pros and cons of allowing a young child to use a computer or electronic device.

Benefits of using devices:

- For children younger than preschool age, electronic devices may help to stimulate the senses and imagination. Some use may help to promote listening ability, learning sounds, and speech.
- Electronic devices and games may encourage cognitive learning and the development of analytical skills. This may in turn help children build innovative thinking and investigation skills, strategic thinking, and creativity.
- Using computers may improve manual dexterity and build computer literacy.
- Mastering games builds confidence and develops hand-eye coordination.
- Games that encourage players to move up levels and earn high scores may help develop mathematical and engineering skills, as well as the motivation to meet goals.

Drawbacks of using devices:

- Children spend more than seven hours per day on an electronic device on average. They can use electronics, but do not know how to tie their own shoes or swim.

– It is important to children to spend some time for outdoor activity with family and friends. The time spent on the devices may curb some outdoor activities.

– When children play violent games for a long period of time, they tend to be more aggressive. They are more prone to confront their teachers, peers, and relatives.

– Children who spend significant time on devices may have difficulty concentrating on their studies.

– Excessive computer exposure can be addictive. This can lead to a sedentary lifestyle, poor health, time management, and eating habits.

It is impossible to eliminate electronic devices from a child's life completely, but there are ways to decrease their negative impacts:

– Try to find out the rating of the game or television programs your child wants to use or watch.

– Do not set up electronic devices in your child's bedroom.

– Make media rules. For example, place a time limit of how often or long a child is allowed to use an electronic device, including games or television.

– Monitor your child's media consumption, including video games, television, movies, and the Internet.

– Communicate with your child about what they observe in video games, television programs or movies. Ask them how they feel about the media they have access to and discuss it with them.

## **Vocabulary**

addictive, *adj*

вызывающий привычку, привыкание

app, *n*

приложение, дополнение

cognitive, *adj*

познавательный

consumption, *n*

потребление, расход, поглощение

curb, *v*

сдерживать, ограничивать

decrease, <i>v</i>	уменьшать, сокращать
dexterity, <i>n</i>	ловкость, быстрота, сноровка
drawback, <i>n</i>	недостаток, отрицательная сторона
eliminate, <i>v</i>	устранять, исключать
exposure, <i>n</i>	контакт, соприкосновение, непосредственное общение
gadget, <i>n</i>	приспособление, устройство
impact, <i>n</i>	1) удар, толчок, импульс 2) влияние, воздействие
innovative, <i>adj</i>	новаторский, передовой
literacy, <i>n</i>	грамотность
monitor, <i>v</i>	наблюдать, следить, смотреть
promote, <i>v</i>	1) продвигать, повышать 2) способствовать, содействовать 3) стимулировать, активизировать
prone, <i>adj</i>	склонный, предрасположенный (к чему-л.)
sedentary, <i>adj</i>	сидячий, малоподвижный (об образе жизни)
set up, <i>v</i>	устанавливать, ставить
tablet, <i>n</i>	планшет
target, <i>n</i>	объект, цель, мишень
target, <i>v</i>	1) делать мишенью, целиться 2) выбирать в качестве целевой аудитории
tend, <i>v</i>	иметь тенденцию, клониться, склоняться (к чему-л.)
youth, <i>n</i>	1) молодежь 2) юность, молодость

**Answer the following questions.**

1. What do electronic devices include?
2. Why are many electronic products targeted to the youth market?
3. Is it true that some parents use gadgets and devices to keep their children quiet and in one place for a period of time? Why?

4. When do electronic devices have negative impact on children?
5. How can electronic devices be useful for children younger than preschool age?
6. What are the drawbacks of using devices?
7. What can excessive computer exposure lead to?
8. Is it possible to eliminate electronic devices from a child's life completely?
9. What are the ways to decrease the negative impacts of electronic devices on children?
10. Why should parents communicate with their children about what they observe in video games, television programs or movies?

### **Exercise 1**

*Match the words with their definitions.*

- 1) drawback
  - 2) dexterity
  - 3) tablet
  - 4) consumption
  - 5) literacy
  - 6) device
- 
- a) an object that has been invented for a particular purpose
  - b) a disadvantage or problem that makes something a less attractive idea
  - c) the act of using energy, food or materials
  - d) the ability to read and write
  - e) a small computer that is easy to carry, with a large touch screen and usually without a physical keyboard
  - f) skill in using your hands or your mind

## **Exercise 2**

*Arrange the following words in pairs of synonyms.*

fantasy, impact, youth, drawback, device, influence, young people, useful, gadget, helpful, disadvantage, imagination

## **Exercise 3**

*Translate the following words and word combinations into Russian paying attention to your active vocabulary and derivatives:*

– to be highly addictive; to have an addictive personality; to become addictive; addiction; hopeless addiction; alcohol addiction; to have an addiction to something; addiction to working; to be addicted to something; to addict; to addict oneself to something; an addict; a coffee addict; a football addict

– to promote peace; to promote sales; to promote health; to be promoted; a promoter; a company promoter; promotion; a promotion campaign; a promotion examination; to make one's promotion; a promotional video; promotional products

## **Exercise 4**

*Write a paragraph expressing your own attitude to the information given in the text.*

## **БИБЛИОГРАФИЧЕСКИЙ СПИСОК**

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