

SZALAI NÓRI BEMUTATJA:

# LEVEL 4 UNIT 8

**Having a baby - Child care**

Kisgyermek születése - gyermekgondozás

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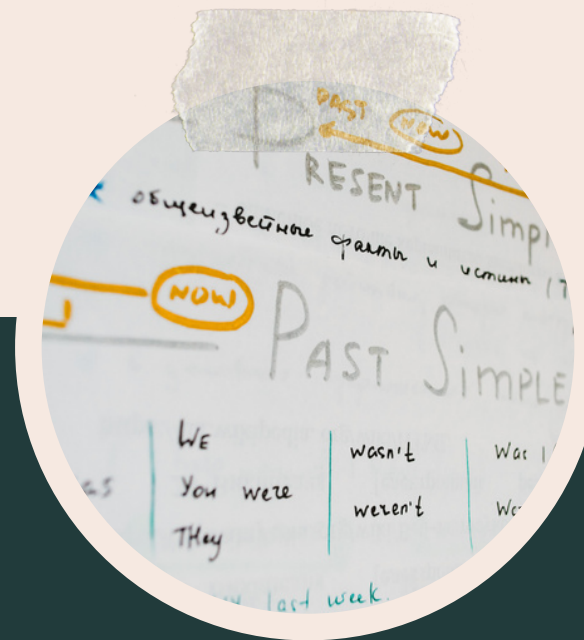


# Ebből a leckéből a következőket fogjuk megtanulni:



## SZÓKINCST

babies, baby care, adoption



## NYELVTAN

prepositions



## BESZÉD

talking about babies, having a baby, pregnancy, baby care and adoptions, finding a nanny

## Having a baby - Child care

Having a baby is a beautiful, **life-changing** event. Especially the birth of a **first-born** child when the married couple become parents and have to meet **responsibilities** they haven't been **aware of** so far. A baby brings lots of joy into its parents' life, but it isn't a **bundle of joy** all the time. It needs lots of care and especially in the first weeks of its life it makes the parents **exhausted** and stressed. It's not the baby's **fault**, of course, but a tiny human being is very **vulnerable** in the beginning and the way the baby communicates its **needs** is not easy to learn, it does take time. As a baby cannot talk, it communicates through crying, and the parents have to find out what the problem can be, whether the baby is hungry, sleepy, has a stomach ache, **has filled its nappy** or is just **cranky** and cannot be **comforted by** anything whatever its poor parents can **come up with**. People usually **look at pregnancies through rose-coloured glasses**. If you only see the **cute** baby pictures in magazines before you **experience** the whole process yourself, you will probably be surprised how completely your life will change when the child is born. You'll have to get used to **sleepless nights**, to **being on call** all the time, to the loss of **privacy** and to having almost no free time and time for yourself. But **in exchange for** all these **inconveniences** you can be part of the **miracle of** a new human being growing first inside you and then beside you. Every day has its **wonders** and the baby's love and cuteness is **compensation** for every problem.



## Having a baby - Child care

**life-changing** - életet megváltoztató

**first-born child** - elsőszülött gyermek

**responsibility** - felelősség

**to be aware of** - tudatában lenni

**a bundle of joy** - csupa örömforrás

**care** - törődés, gondoskodás

**exhausted** - kimerült

**fault** - hiba

**vulnerable** - sérülékeny, érzékeny

**need** - szükséglet

**to fill its nappy** - tele van a pelenkája

**cranky** - nyűgös

**to comfort** - megvigasztalni, megnyugtatni

**to come up with** - előállni valamivel

**pregnancy** - terhesség, várandósság

**to look at sth through rose-coloured glasses** - rózsás szemüvegen át nézni valamit

**cute** - aranyos, édi

**to experience** - megtapasztalni

**sleepless nights** - álmatlan éjszakák

**to be on call** - ügyeletben lenni

**privacy** - egyedüllét

**in exchange for sth** - valamiért cserébe

**inconvenience** - kényelmetlenség

**miracle** - csoda

**wonder** - csoda

**compensation** - kárpótlás



# Starting a family

Fill in the gaps with the words from below.

**sick leave, breastfed, pregnancy, delivery room, maternity ward, decision, relatives, disposable, obstetrician, labour, Caesarian section, due date**

Starting a family is a big .....(1) in a couple's life. Before getting pregnant it's a wise thing to consult the doctor, to take vitamins and to live a healthy lifestyle consuming lots of fresh fruit and vegetables. A ..... (2) lasts for nine months, but in a lucky case the mother-to-be doesn't have to stay at home on ..... (3) and can more or less continue her usual life. When her ..... (4) comes and she goes into ..... (5), the couple usually go to hospital and the woman gives life to the child in a ..... (6) with the help of an ..... (7). Nowadays it's quite common that the fathers can also be present at the baby's birth. Their presence can be reassuring and a real help especially if the process lasts a long time.



# Starting a family

Fill in the gaps with the words from below.

**sick leave, breastfed, pregnancy, delivery room, maternity ward, decision, relatives, disposable, obstetrician, labour, Caesarian section, due date**

If there are problems and the baby cannot be delivered in a natural way, the baby is born by ..... (8) with the help of doctors. The newborn baby is bathed and ..... (9) by its mother. The baby and the mother usually spend a few days in hospital in the ..... (10). This time helps the mum to recuperate a bit after the tiring delivery, and is also a time to learn how to take care of the tiny baby. Changing the nappies and breastfeeding the baby are not always easy and without challenge. The nurses' help is indispensable and by the time they are dismissed from hospital, the new mum hopefully becomes more confident. When they go home the ..... (11) and friends visit the new baby and bring a lot of presents. Baby clothes are beautiful and it's really hard to resist the temptation to buy a lot of them, but babies grow very fast and soon outgrow everything. .... (12) diapers are a real blessing in baby care and save a lot of time for the parents.

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# Starting a family

**sick leave** - betegállomány

**to breastfeed** - szoptatni

**pregnancy** - terhesség

**delivery room** - szülőszoba

**maternity ward** - szülészeti osztály

**decision** - döntés

**relative** - rokon

**disposable** - eldobható

**obstetrician** - szülészorvos

**to go into labour** - vajúdni

**Caesarean section** - császármetszés

**due date** - szülés várható időpontja

**mother-to-be** - kismama

**presence** - jelenlét

**reassuring** - megnyugtató

**to recuperate** - lábadozni

**to change the nappy** - pelenkát cserélni

**indispensable** - nélkülözhetetlen

**to be dismissed from hospital** - kiengedik a kórházból

**confident** - magabiztos

**to resist the temptation** - ellenállni a kísértésnek

**to outgrow** - kinőni

**diaper** - pelenka

**blessing** - áldás



# Child care vocabulary

- duvet** - paplan
- crib** - bölcső
- pillow** - párna
- mattress** - matrac
- blanket** - takaró
- mobile** - forgó (gyerekágy felett)
- cot** - gyerekágy, rácsos ágy
- plush** - plüss figura





Moses basket  
mózeskosár



baby bottle  
cumi



pacifier  
cumi





formula  
tápszer



drinking cup  
csőrös ivópohár



teat  
cumi



**bib**  
előke



**baby food**  
bébiétel



**potty**  
bili



**baby bath**  
babakád

**nappy/diaper**  
pelenka



**sterilizer**  
sterilizáló



respiratory movement  
monitor  
légzésfigyelő



baby monitor  
bébimonitor



carry cot  
babahordozó

buggy/pushchair/stroller  
összecsukható babakocsi



pram  
babakocsi



changing bag  
pelenkázótáska





car seat  
gyerekülés



baby carrier  
kenguru



travel cot  
utazóágy



romper  
rugadlózó

body suit  
body



sleeping bag  
hálósák



## A new baby

**Neighbour:** Hello, Kate. What's up? Any news about your daughter?

**Woman:** Hello, Mary. Yes, the biggest news ever. She gave birth to a beautiful baby girl last night. Mother and baby are doing well. Everybody is very happy.

**Neighbour:** Congratulations. I'm delighted to hear the good news. How was the delivery?

**Woman:** Well, it's their first child so it took ten hours to deliver the baby. But there were no complications, everything was smooth and safe.

**Neighbour:** Was your son-in-law present at the birth?

**Woman:** Yes, and he helped a lot. He was very brave. It was a long night though. We spent it in the waiting room near the delivery room. We didn't want to miss the big event. She was born at 5 a.m.

**Neighbour:** What about the baby? I'm curious to know every single detail.

**Woman:** She's a little angel with rosy cheeks. She weighs 3.5 kg and she's 51 cm tall. Her hair is black and her eyes are blue.

**Neighbour:** Who does she resemble?

**Woman:** It's difficult to tell. I would say she is the spitting image of my daughter when she was a baby but you will see it for yourself soon.

**Neighbour:** When will they be released from hospital?

**Woman:** In a day or two if everything is all right with the newborn baby.

**Neighbour:** I haven't even asked her name yet. What name was given to her?

**Woman:** She's called Emily Grace. Emily Grace Brown. Isn't it a beautiful name?

**Neighbour:** Such a pretty name. The parents couldn't have chosen a nicer one. Congratulations again. I'm so happy for you. I'm looking forward to seeing the new baby. Don't forget to pop in when they come home from hospital.



## IMPORTANT PHRASES

**What's up?** – Mi újság?

**Any news about...?** – Van valami hír ....-ról?

**The biggest news ever.** – A lehető legjobb hír.

**Congratulations.** – Gratulálok!

**I'm delighted** – Örülök

**good news** – jó hír

**Everything was smooth and safe.** – Minden simán és rendben zajlott.

**to be present at the birth** – jelen lenni/bent lenni a szülésnél

**every single detail** – minden apró részletet

**Who does she resemble?** – Kire hasonlít?

**It's difficult to tell.** – Nehéz megmondani.

**She is the spitting image of my daughter.** – Megszóvalásig hasonlít a lányomra.

**see it for yourself** – magad is megláthatod

**Such a pretty name.** – Micsoda gyönyörű név.

**I'm looking forward to** – Már alig várom hogy...

**Don't forget to** – Ne felejts el....

## IMPORTANT WORDS

**to give birth to a baby** – gyereket szülni

**delivery** – szülés

**son-in-law** – veje valakinek

**brave** – bátor

**waiting room** – váró

**delivery room** – szülőszoba

**to miss something** – lemaradni valamiről

**angel** – angyal

**rosy** – rózsás, rózsaszínű

**cheek** – arc

**to release from hospital** – kiengedni a kórházból

**newborn baby** – újszülött kisbaba

**to pop in** – beugrani, benézni

**parents** – szülők



## Baby health problems

**Daughter:** Hi Mom, can you help? Josh has been crying for 2 hours and I don't know what to do!

**Mother:** Two hours? Continuously? Poor little thing.

**Daughter:** Sort of. More like on and off, really.

**Mother:** Does he have a temperature? Have you checked for a rash?

**Daughter:** His temperature is normal and there's no rash.

**Mother:** Is he teething?

**Daughter:** I'm not sure. How can you tell?

**Mother:** Is he trying to cram his hands into his mouth? Or red cheeks?

**Daughter:** He's kicking and screaming. I feel so bad I can't help him.

**Mother:** Could it be gas? Have you tried giving him herbal tea? What did he have for lunch?

**Daughter:** A jar of baby food. That's not supposed to give him gas.

**Mother:** You can't go wrong with fennel tea. That's what I gave you when you had an upset tummy.

**Daughter:** I'll try. But what if it doesn't work?

**Mother:**

Then call the doctor. Better safe than sorry. And make yourself a cup of tea, too.

**Daughter:** OK, Mom. Thanks.

**Mother:** Do you want me to come over and help out? I'll take the car in case we need to go and see the doctor.



## IMPORTANT PHRASES

**Can you help?** – Tudsz segíteni?

**I don't know what to do.** – Nem tudom, mit tegyek.

**Does he have a temperature?** – Van láza?

**Have you checked for a rash?** – Megnézted, hogy van-e rajta kiütés?

**Is he teething?** – Jön a foga?

**How can you tell?** – Azt honnan lehet megmondani?

**I feel so bad I can't help him.** – Olyan rosszul érzem magam, hogy nem tudok rajta segíteni.

**That's not supposed to give him gas.** – Attól nem kéne, hogy szélgörccse legyen.

**But what if it doesn't work?** – De mi lesz, ha nem válik be?

**Better safe than sorry.** – Jobb félni, mint megijedni.

**Do you want me to come over and help you?** – Szeretnéd, hogy átmenjek segíteni?

**I'll take the car in case we need to go to see the doctor.** – Elviszem a kocsit arra az esetre, ha orvoshoz kell menni.

## IMPORTANT WORDS

**continuously** – folyamatosan

**sort of** – olyasmi

**on and off** – itt: hol újrakezdi, hol abbahagyja

**rash** – kiütés

**to cram** – gyömöszölni

**cheeks** – arc

**to kick** – rugdalózni, rúgkapálni

**to scream** – sírni, ordítani

**gas** – szélgörccs

**herbal tea** – gyógytea

**fennel tea** – édeskömény tea

**upset tummy** – fájós pocak

**in case** – arra az esetre, ha

