

## Dealing with Siblings at Sleep Time

*Before reading the text, look at the title and the photograph and answer the questions:*

- a) What is it going to be about?*
- b) What kind of people would be interested in reading it?*
- c) The headings (os encabezamentos) in the paragraphs are not in the correct place. Can you guess where they should be?*



At the end of a long and exhausting day of dealing with your everyday life, the last thing you want to do is encounter an intense struggle as you prepare for sibling sleep time.

Almost as dreaded as mealtime, bedtime can be one of the most stressful events that a parent of two or more encounter during their day.

So what can you possibly do to end the struggle once and for all and help your siblings successfully snooze off?

### Be Consistent

A basic bedtime routine should include cleaning up for the night (I suggest a warm bath or shower every evening followed by a thorough time of tooth brushing), getting into cosy sleepwear, reading a book or watching a bedtime appropriate DVD, taking a trip to the bathroom and finally heading off to bed. If you have a consistent bedtime and routine that you implement each night, your kids will come to learn and look forward to getting ready for bed.

### Have Clear Rules

When you have two or more stagger the time they go to bed. This gives you valuable one on one time with each child and usually makes it easier for the kids to fall asleep- especially since they'll have no one to mess around with.

### Have a Routine

Reserve the bedroom for sleeping only. This eliminates any confusion as to what's going to happen once you enter their bedroom. This is especially helpful when you have two or more bunking together.

### Make the Bedroom a Sleep Zone

Set clear guidelines for what is acceptable and unacceptable at bedtime. Limiting the number of drinks, books and bathroom trips gives your children a better understanding of what is and is not okay.

## Separate When Needed

Consistency determines how successful any routines, rules or guidelines will work. Kids learn by testing and when they see through the eyes of experience that they can't get away with breaking the rules, and that no amount of whining will change the routine, they begin to understand that the rules and routines don't change- and that there are set consequences for their actions and set activities for the night.

## Stagger Sleep Time When Kids Share a Room

If your siblings share a room and they just won't wind down, separate them. When you notice your kids are keeping each other up, calmly but firmly enter the room and give one warning. The second time, enter the room and remove the offending sibling.

So if you've been struggling with bedtime, try these tips and I'm sure you'll see your chaos turn to calm in no time!

*Adapted from: /www.familiesonlinemagazine.com*

### d) Match synonyms:

a) siblings	1. arrange/distribute the time
b) dreaded	2. comfortable
c) snooze off	3. fighting
d) stagger the time	4. frightened
e) cosy	5. kids
f) mess around	6. sleep soundly
g) bunking	7. sleeping in a bunk
h) struggling	8. spend time idly

### e) Are the following statements TRUE or FALSE? In which paragraph is the answer given?

1. *At the end of the day parents want to relax.*
2. *Teaching children a daily routine helps them to relax.*
3. *If there is more than one children, it is good to put both into bed at the same time.*
4. *Children should be allowed to play in their bedroom*
5. *If parents are consistent with their rules, children will learn to behave better.*

## Dealing with Siblings at Sleep Time

### Solutions:

- a) About the way children should put to sleep.
- b) For parents whose children do not fall asleep easily and so they are very much concerned and worried about their children's bedtime.
- c) Have a routine / Stagger Sleep Time When Kids Share a Room / Make the Bedroom a Sleep Zone / Have Clear Rules / Be Consistent / Separate When Needed
- d) a5 / b4 / c6 / d1 / e2 / f8 / g7 / h3
- e) TRUE (paragraph 1) / TRUE. Paragraph 2 / FALSE. Paragraph 3 / FALSE. Paragraph 4 / TRUE. Paragraph 6

## GLOSARIO

Siblings: *irmáns, fillos pequenos*

exhausting: *cansado*

struggle: *loita*

sibling sleep time: *deitar os nenos*

dreaded: *temibles*

snooze off: *quedar dormido, adormecer.*

cosy sleepwear: *roupa de durmir cómoda*

heading off to bed: *ir deitarse directamente*

stagger the time: *espaciar o tempo.*

to mess around with: *pasar o tempo*

bunking together: *enredar*

learn by testing: *aprender probando*

can't get away: *saírse coas súas*

whining: *queixa*

wind down: *relaxarse*

warning: *advertencia*



## QUIZZ: PHRASAL VERBS: family relationships

Choose the correct answer for one of the questions:

1. *She ... her younger brother and sister after their parents died.*

- a. brought up
- b. grew up
- c. was brought up
- d. grow up

2. *He's got brown hair and blue eyes so he must ... his mother.*

- a. take about
- b. take to
- c. take from
- d. take after

3. *I really ... my father. He's such an honest, hard-working man.*

- a. bring up
- b. stand up to
- c. look up to
- d. fall out with

4. *She ... her sister. They're each other's best friend.*

- a. falls out with
- b. gets on well with
- c. stands up to
- d. tells off

5. *He ... London but moved to the country when he got married.*

- a. was brought up by
- b. grew up in
- c. lived up to
- d. took after

6. *When I ... my school days, I'm proudest of the day that I ... that bully; she never tried to frighten me again after that.*

- a. look on/stood to
- b. look back/stood up
- c. look back/stood up to
- d. look back on/stood up to

7. *I'd like to ... my children to be kind and considerate.*

- a. grow up
- b. stand up for
- c. get on with
- d. bring up

8. *It's a tough world out there. You have to*

- a. take yourself back
- b. get on with yourself
- c. stand up for yourself
- d. bring yourself up

9. *We didn't have much money when I was ...*

- a. taking you back
- b. bringing up
- c. growing up
- d. standing up for myself

10. *I don't like one of my colleagues much. We just don't ... very well*

- a. get on
- b. grow up
- c. bring up
- d. take ourselves back

**ANSWERS:**

- 1 a
- 2 d
- 3 c
- 4 b
- 5 b
- 6 d
- 7 d
- 8 c
- 9 c
- 10 a

From [www.bbclearningenglish.com](http://www.bbclearningenglish.com)

## ACTIVITIES ON RELATIVE CLAUSES

### A. Complete the text with relative pronouns

1. George Clooney, \_\_\_\_\_ sometimes lives in Italy, is a wonderful actor.
2. I think London, \_\_\_\_\_ my best friend lives, is the most beautiful city in Europe.
3. Penelope Cruz, \_\_\_\_\_ latest film was brilliant, lives in the USA.
4. My neighbours always play music at the time \_\_\_\_\_ they get home.
5. The gifts \_\_\_\_\_ my parents got for their 50th wedding anniversary were beautiful.

### B. Defining relative clauses: Join these sentences with a relative pronoun:

1. This is the video game. I bought it in FNAC last week
2. That's the person. I was talking to her at the school.
3. That's the girl. You borrowed the book from her.
4. This is the restaurant. I met your mum here.
5. 1998 was the year. We moved to Paris.

### C. Non-defining relative clauses: Join these sentences with a relative pronoun.

1. Paul is an actor. He lives in New York
2. Sheila is my sister. Her best friend is a wonderful actor.
3. The play was very expensive. It was terrible.
4. The book is set in Dublin. It is really funny.
5. Brad Pitt is a very handsome actor. He was married to Jennifer Aniston.

### D. Complete the sentences in your own words:

1. Santiago University is where.....
2. Is that the person who...
3. Yesterday was the day when...
4. Friends is a sitcom which....
5. Sally is the girl whose....

## ANSWERS:

### A.

1. **who**
2. **where**
3. **whose**
4. **when**
5. **which, that ou ningún**

### B. Defining relative clauses: Join these sentences with a relative pronoun:

1. *This is the video game (**WHICH / THAT / 0**) I bought it in FNAC last week*
2. *That's the person (**WHO / THAT 0**) I was talking to at the school.*
3. *That's the girl **WHOSE** book you borrowed*
4. *This is the restaurant **WHERE** I met your mum.*
5. *1998 was the year **WHEN** we moved to Paris.*

### C. Non-defining relative clauses: Join these sentences with a relative pronoun.

1. *Paul, **who is an actor**, lives in New York // Paul, **who lives in New York**, is an actor*
2. *Sheila, **whose best friend is a wonderful actor**, is my sister.*
3. *The play, **which was very expensive**, was terrible. // The play, **which was terrible**, was very expensive.*
4. *The book, **which is set in Dublin**, is really funny. // The book, **which is really funny**, is set in Dublin.*
5. *Brad Pitt, **who is a very handsome actor**, was married to Jennifer Aniston. // Brad Pitt, **who was married to Jennifer Aniston**, is a very handsome actor.*

### D. Optional answers:

1. *Santiago University is where **I studied***
2. *Is that the person who **lives next door**?*
3. *Yesterday was the day when **we celebrated my parents' anniversary**.*
4. *Friends is a sitcom which **is really amusing**.*
5. *Sally is the girl whose **car we borrowed last weekend**.*

## **ACTIVITY: A description of a person**

Seguindo as pautas que tes no documento descargable sobre WRITING, o vocabulario frecuente para un texto descritivo, e tomando como exemplo o texto que ven a continuación, trata de facer unha descrición dunha persoa que ti aprecies.

### Sample Text

*Sarah is my girlfriend. We met last year at a language school. We realised quite soon that we were suited to each other. Since then, we've spent most of our time together.*

*Sarah has got long brown hair. She's average height, quite slim and really attractive. She loves wearing casual clothes, jeans, T-shirts and white trainers are her favourite. She's got a great sense of humour and she's very friendly and sociable, although she can get moody at times.*

*Sarah and I enjoy going out together. We both love music and cinema so we usually go either to watch a film or listen to a concert at the weekends. She's a lot of fun, and she's also very smart and intelligent.*

*In short, Sarah is a fantastic person and I think we'll be together for a long time!*

### **Write a description of one of your friends.**

*Include:*

- *General information about the person: age, nationality, birthplace, town, job....*
- *Physical description*
- *Personality*
- *Hobbies*
- *Your opinion about this person.*



## LISTENING TO A SONG

### **Two beds and a coffee machine by Savage garden**

[http://www.youtube.com/watch?v=tHXZ\\_peJe9c](http://www.youtube.com/watch?v=tHXZ_peJe9c)

Vas escoitar e ver o video sobre unha canción que trata da violencia de xénero.  
Títulase *Two beds and a coffee machine* e é do grupo Savage Garden.

♦ *Le as seguintes frases da canción.*

And furniture on the floor  
And she knows she'll have to go home  
Another bruise to try and hide  
Another ditch in the road  
Another lonely highway in the black of night  
Another stop sign  
Baby's asleep in the back seat  
Slowly she opens the door  
Pack up the kids in the car  
Two beds and a coffee machine  
You keep moving  
You keep moving on

- ♦ Mira as imáxes sen voz e coloca as frases na orde que cres que deben ir
- ♦ Volve mirar as imaxes e escoita a canción ao mesmo tempo.
- ♦ Comproba se a orde é correcta.



**LYRICS:** *Two beds and a coffee machine* by **Savage Garden**

And she takes another step  
Slowly she opens the door  
Check that he is sleeping  
Pick up all the broken glass  
And furniture on the floor  
Been up half the night screaming  
Now its time to get away  
Pack up the kids in the car  
Another bruise to try and hide  
Another alibi to write

Another ditch in the road  
You keep moving  
Another stop sign  
You keep moving on  
And the years go by so fast  
Wonder how I ever made it through

And there are children to think of  
Baby's asleep in the back seat  
Wonder how they'll ever make it  
Through this living nightmare  
But the mind is an amazing thing  
Full of candy dreams and new toys  
And another cheap hotel  
Two beds and a coffee machine  
But there are groceries to buy  
And she knows shell have to go home

Another ditch in the road  
You keep moving  
Another stop sign  
You keep moving on  
And the years go by so fast  
Wonder how I ever made it through

Another bruise to try and hide  
Another alibi to write  
Another lonely highway in the black of night  
There's hope in the darkness  
I know you're gonna make it

Another ditch in the road  
Keep moving  
Another stop sign  
You keep moving on  
And the years go by so fast  
Silent fortress built to last  
Wonder how I ever made it