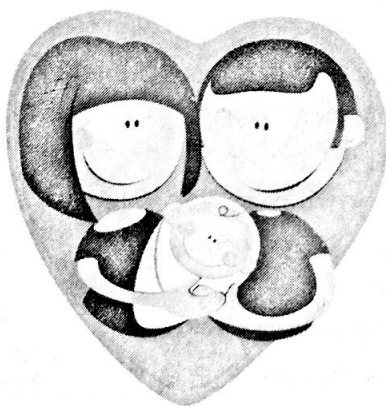


That's Life!

New Life

And Baby Makes Three



Yes, if you're doing the math, it very often **turns out** that, in relationships, one plus one equals three. What could be better: a new country, a new relationship, a new job, a new home, and now a new baby! **Starting a family** can be an exciting (and **nerve-racking!**) experience. It's also lots of fun. Okay, maybe the **mom-to-be** isn't having so much fun when she has **morning sickness** each day.

For many women, one of the most exciting times in life is when they learn that they are **pregnant**. Suddenly, there are plenty of things to think about. **Prenatal** care is really important. In the first place, a doctor will **calculate** the baby's **due date** pretty **accurately**. It's fun to wonder if the **new arrival** will come on Halloween or Christmas Day. Mom must be sure she stays healthy and makes healthy choices. After all, now she's **eating for two**. **Expectant mothers** have tons of questions, and the best person to give the answers is her **OB/GYN**. This doctor is usually just called an **OB** or **obstetrician**. The obstetrician will recommend **avoiding** all alcohol. If the mom-to-be is a smoker, the doctor will **definitely recommend**

quitting. The doctor can also answer questions about what foods are best to eat, what medicines are safe to take, what vitamins are good to take, and how much exercise is okay. Some moms even have questions about how safe it is to be around the family pet! Good prenatal care makes sure that the baby will have the best, healthiest start to life.

Women in the United States have many choices about the type of childbirth they want. Although in the past women **relied on** doctors (usually men!) to make all the decisions about their childbirth, women today are far more **vocal** about how they want their baby to be born. And doctors (often women!) are happy to support a woman's choice. There are **deliveries** that involve medical procedures performed by a doctor and drugs to ease the process, and others that are called *natural* deliveries because they have less involvement of a doctor and fewer drugs.

Sometimes, in a **vaginal birth**, the mother may choose certain drugs to ease the pain. Not all women wish to have these drugs, however. Some choose vaginal delivery with no drugs at all. (Of course, they may change their minds once the **labor** pains start!) A popular approach to childbirth is the **Lamaze method**, which emphasizes special ways of breathing and ways to focus on special thoughts in order to manage the pain.

Some women don't like the idea of a medical delivery at all. They may choose to have the baby at home or in a special **birthing center** that is made to look like a comfortable home rather than a medical center. In these cases, the birth is often managed by a **midwife**. A midwife is not a doctor but a licensed caregiver who has had training in the birth process. A midwife can guide a normal delivery, but some state laws may require her to be in a hospital or special birthing center. If there is an emergency, everyone wants mom and baby to have immediate medical care from a doctor.

Everyone hopes a delivery will **go smoothly**. But sometimes emergencies happen, and a doctor may have to help in the process. Sometimes a **forceps** delivery may be necessary for a difficult birth. And in a real emergency, a doctor may have to perform a **Caesarean section**. This is a surgical procedure, commonly called a C-section, in which the baby is delivered through an **incision** in the mother's abdomen. Because it's **surgery**, the new mother must **recover** in the hospital for a few days.

Are you wondering where Dad is in all this? In **the old days**, Dad would be out in a waiting area, nervously **pacing back and forth**, just waiting to hear if his baby has been born. Not anymore! **Nowadays**, Dad is a very **hands-on** assistant in the whole process. Of course, Mom has the real job, but Dad will help out by trying to keep her comfortable through all the **stages of labor**. Most of the time, Dad will be in the **delivery room**, and he'll hold his new baby as soon as it's born.

Sure. Mom does all the work, and Dad has all the fun.

DIALOGUE 1

JAE: Lia, I'm so excited!

LIA: I know, I know! OB says our little dears are twins!

JAE: What!? Twins?!

LIA: Yes, my husband!

JAE: Wow, when will you know?

LIA: Well, the doctor will know for sure then.

JAE: Really? You don't know for sure I want to know.

JAE: Really? You don't know for sure I want to know.

LIA: I know, I know.

JAE: Well, as long as you don't mind an advance if it's a boy!

LIA: Exactly! So now you're a perfect mom-to-be. I'm so proud!

JAE: Ha, perfect! I'll be a perfect dad!

TIP 1 Most couples don't tell their friends and family until the baby is born. Pack a surprise box for the baby's arrival.

TIP 2 Make sure you have a plan for who will drive you to the hospital to wait until the baby is born.

DIALOGUE 1: TRACK 45

JAE: Lia, I'm so excited about your happy news! When are you due?

LIA: I know, I know! Can you believe it? I'm going to be a mom again! The OB says our little darling should arrive on December 8. And she says it could be **twins!**

JAE: What!? Twins? Do twins **run in the family?**

LIA: Yes, my husband is a twin and so is his mother!

JAE: Wow, when will you know for sure?

LIA: Well, the doctor's going to do an **ultrasound** at my next **visit**. We'll know for sure then. We'll also know if it's a little Johnny or Janie—but I'm not sure I want to know.

JAE: Really? You don't want to know? But if you know it's a boy or girl, you'll be able to shop for little girl things or decorate for a little boy. It would be so **convenient** to know the baby's **gender** in advance.

LIA: I know, I know. But I just love the idea of being surprised.

JAE: Well, as long as it's healthy, I guess it doesn't matter if you know in advance if it's a boy or girl.

LIA: Exactly! So now I will definitely start eating right. I'm going to be the perfect mom-to-be. No more fast food drive-thrus for me. Good-bye, French fries!

JAE: Ha, perfect! I'll get you a nice spinach salad right now—with a side of broccoli!

TIP 1



Most couples plan ahead for the trip to the hospital. (When a woman goes into labor, she does *not* want to stop to pack!) **Pack** a suitcase with things you'll need, and be sure to bring an address book, so you can call everyone with the news once the baby is born. And don't forget the camera!

TIP 2




Make sure you know the best way to the hospital! It's a good idea to drive it once or twice before the big day. You don't want to wait until the **contractions** start to try out that new GPS!

VOCABULARY

- **accurately**: correctly
- **avoiding**: staying away from
- **birthing center**: a special place for giving birth instead of a hospital
- **Caesarean section**: a medical operation to deliver a baby when it cannot be delivered normally
- **calculate**: figure out
- **contractions**: pains that begin the birth process
- **convenient**: easy and comfortable
- **definitely**: for sure
- **delivery**: birth
- **delivery room**: the room in the hospital where childbirth happens
- **due date**: the day a baby is expected to be born
- ① **eating for two**: eating and knowing that the growing baby inside is getting nutrition, too
- **expectant mothers**: pregnant women (expecting a baby)
- **forceps**: a special tool to help deliver a baby when it is not moving down the birth canal as it should
- **gender**: sex, male or female
- ① **go smoothly**: happen with no problems
- ① **hands-on**: helping in all the details
- **incision**: a medical cut in the body
- **labor**: the process of giving birth
- **Lamaze method**: a technique to avoid drugs for pain in childbirth
- **midwife**: a specially trained person who assists in childbirth, but who is not a doctor
- ① **mom-to-be**: a pregnant woman
- **morning sickness**: feelings of nausea and sickness in the early months of pregnancy
- **nerve-racking** (can also be spelled **nerve-wracking**): very stressful
- ① **new arrival**: the new baby!
- ① **nowadays**: currently; in the present
- **OB/GYN**: short for *obstetrician/gynecologist*; a doctor who takes care of childbirth and women's reproductive issues
- ① **the old days**: the past

• pacing bac
• pack: put t
• pregnant: c
• prenatal: b
• recommen
• recover: ge
• relied on: d
• run in the f
• stages of la
• starting a fa
• surgery: a n
• turns out: h
• twins: two b
• ultrasound:
• vaginal birth
• visit: another
• vocal: verbal

 **PR
PC**
• Obstetrician
many people
like **OB-stu**
• Caesarean s
word. This is
people spell
siss-**AIR-ee**

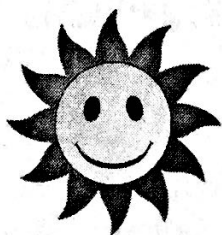
- **pacing back and forth:** walking in measured steps across a room and back
- **pack:** put things you'll need into a bag or suitcase
- **pregnant:** carrying a baby inside one's body
- **prenatal:** before birth
- **recommend:** advise
- **recover:** get better; heal
- **relied on:** depended on
- ① **run in the family:** be something common in a family
- **stages of labor:** the progression of the birth process
- **starting a family:** deciding to have a baby
- **surgery:** a medical operation
- ① **turns out:** happens as a result of something
- **twins:** two babies born at the same time
- **ultrasound:** a special test with sound waves that can check on the baby
- **vaginal birth:** birth through the birth canal of the woman's body
- **visit:** another word for a doctor's appointment
- **vocal:** verbal; comfortable about expressing an opinion



PRONUNCIATION POINTER

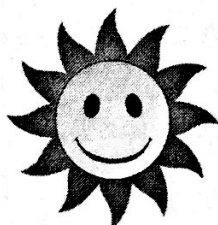
- *Obstetrician* can be a tricky word to say. That explains why so many people just say "**OB.**" But it's really not that hard. It sounds like **OB-stuh-trish-in**. Go on. Say it three times fast!
- *Caesarean Section* is another scary-looking, hard-to-spell pregnancy word. This is why so many people just say, "**C-section.**" Although many people *spell* it incorrectly, the pronunciation is pretty easy: **siss-AIR-ee-in SECK-shin**.

TWINS come in twos, and so do our TWIN FUN FACTS!



Fun Fact 1!

Nigeria is famous for having lots of twins. No one is sure why there are so many twins in that country, but some people think it's because the people eat lots of yams. (Yams are similar to sweet potatoes.) Uh-oh. Yams are a favorite at Thanksgiving dinner. . . . Be careful! Haha!



Fun Fact 2!

We're not sure why, but there are lots of twin festivals. One of the most popular takes place each August in a town called, yes, **Twinsburg**, Ohio.

GRAMMAR REMINDER 1: *Will* and *Going to*

- Both *will* and *going to* take the base form of the main verb.
- Sometimes you can use either *will* or *going to*, but other times you need to be careful.
- **Remember:** You must use the verb *to be* before *going to*. See examples below, and note the use of contractions for the verb *to be*!
- Use ***will*** to express a future fact and when you decide to do something at the moment of speaking.

The obstetrician **will recommend** . . . (a fact)

I'll (I will) get you a nice spinach salad right now . . . (I decided just now)

- Use ***going to*** when something definite has been decided for the future. It can also be used when you can see that something is definitely going to happen.

The doctor's **going to do** an ultrasound at my next visit. (already decided)

I'm **going to be** a mom again! (It's definite. Look at my large stomach!)

What Bundles
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... the **bundle of jo**
... starts. Infants c
... seeing your a
... **drizzling puree**
... little chin! Hal
... matter how muc
... balance, your life w
... moment you bring
... little **newborn**.
... wondering what sh
... small, you're looking
... friends may have
... people set up a r
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... sure to include large
... really quickly.
... hey, let's think about
... come out of the hos
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That Bundle of Joy

And you thought being pregnant was fun! Just wait until you bring home that little **bundle of joy**. Now the fun really starts. Infants can be very funny: imagine seeing your **adorable** little baby **dribbling pureed** spinach down his cute little chin! Haha!

No matter how much planning you do in advance, your life will change forever the moment you bring home your sweet little **newborn**. Suddenly, instead of **wondering** what shoes to buy at the mall, you're looking at cute, tiny baby socks for a **layette**. If you're lucky, some friends may have a **baby shower** for you. This is another time when some people set up a registry at a store so that friends will know exactly what items you need for the baby. And believe us, you'll need plenty of items! Be sure to include larger-size baby clothes on the list. Those tiny newborns grow really quickly.

Okay, let's think about this. You go into the hospital as a large mom-to-be. You come out of the hospital a little smaller, but with an entirely new person! This little person needs to be dressed when he or she leaves the hospital with you. You'll need blankets, diapers, **onesies**, socks, tee shirts, baby soap, a car seat—and that's just for the first day! Plus you'll probably need a diaper bag to tote all that stuff! The good news is that you may not have to worry about food.

One of the first decisions a new mother will make is how to feed her **infant**. Although there was a generation of babies in the United States that was **bottle-fed**, most people now believe that **breast feeding** is the healthiest choice for babies. The **nutrition** is perfect (after all, isn't that what human breasts are for?), and many doctors believe that breast milk contains **elements** that can keep the baby from getting sick. But for women who cannot, or who choose not to, breast-feed, there are many choices for infant **formula** on the market. These formulas try to be as **similar** to breast milk as possible so that babies will get the proper **nutrients**.

You may have chosen a **pediatrician** before giving birth. This is the doctor who will take care of the baby, usually until he becomes an older teenager. (Teenager already? *Aaaack!* He just arrived!) The pediatrician will answer all questions you may have about the best way to handle baby problems that may arise. One very common problem is **colic**. The baby may cry for several hours a day for no **apparent** reason. This may be because of stomach pain or fussiness.



Whatever the cause, a **fussy** baby can be very frustrating for new parents, so it's very important to take care of yourself. The more rested you are, the more **patience** you'll have when you're trying to **soothe** a crying baby. They may be cute, but babies are hard work, so you should avoid as much extra stress as you can. Does everyone want to visit so they can see the new baby? Plan certain times when this is convenient for you and when you have help. Are there **dust bunnies** under the bed? Just don't look at them! Don't worry about having a spotless house—a happy mom and baby are more important. (Of course, some very special friends may decide to get you a cleaning service. Wow! We want those friends!)

As the baby gets a little older, you'll need to be sure the house is **baby-proofed**. Once the little one starts **crawling** around, there should be nothing in his reach that can hurt him. Electrical outlets should be covered. Tables should be cleared of anything a baby can **grab**. Sharp corners should be protected. You can find plenty of tips on the Internet to help you prepare the house for your growing baby.

But the most important tip of all is this: Enjoy every minute you have with your baby! What everyone says is true: The baby years go by **in a flash**. When he's a teenager driving you crazy, you'll need all those photos and videos to remember the sweet baby days!

TIP 3



In the old days, new moms would carry their babies home from the hospital in their arms—even in the car. However, now every state in the country has laws requiring that babies be in a car seat *every time* they're in a car. There are different car seat types for each age and weight. Be sure to find the right one for a newborn.

TIP 4



(It may be Tip 4, but it's all about twos!) The **Terrible Twos!** **Toddlers** are so famous for **tantrums** and **whining** that they even have a name for it. Be sure you have a plan for staying calm when the little ones are not. Good luck!

DIALOGUE 2: TRACK 46

ALAN: Wow, is that really you, Lia? I haven't seen you **in ages**! How's the baby?

LIA: Ha! Yeah, Alan, I don't get out much these days. I had forgotten how much work a new baby is! In fact, when Tony came home from work tonight, I told him I just had to **get out of the house** for an hour **or so**. I've

...been coop...
...ages—that wou...
...: So you're here a...
...is so funny! Boy, tiri...
...oping for an exciting...
...No kidding. It seem...
...s and clubs to hav...
...:
...: Hahahahaha! The...
...hood will change

Fun and funn...
Something th...
Something th...
dribble his pu

VOCABULARY

adorable: very, very cu...
apparent: clear...
baby-proofed: made s...
baby shower: a party...
bottle-fed: fed milk or f...
breast feeding: feeding...
bundle of joy: a new b...
colic: upset for a baby...
crawling: moving aroun...
cruelty: feel closed...
dust bunnies: spilling from ti...
elements: small gati...
formula: ingredients...
fussy: special milk for b...
get out of the house: hav...
get out of the house: hav...
in a flash: really f...

been **cooped up** since the baby was born. Besides, we're almost **out of** diapers—that would be a disaster!

ALAN: So you're here at the supermarket for a fun **night out**! Ha, ha, ha! That's so funny! Boy, times have changed. You didn't use to go grocery shopping for an exciting night out.

LIA: No kidding. It seems like just yesterday that we used to go to the movies and clubs to have fun. Now fun is going to buy diapers and pureed peas.

ALAN: Hahahahaha! That really is funny! Yeah, I guess what they say is true: **Parenthood** will change your life.

TIP 5



Fun and funny are very tricky words for English language learners. Something that you enjoy doing is *fun*. Reading our book is *fun*. Something that makes you laugh (haha) is *funny*. Watching a baby dribble his pureed peas is *funny* (haha).

VOCABULARY

- **adorable:** very, very cute
- **apparent:** clear
- ① **baby-proofed:** made safe for a crawling baby
- **baby shower:** a party where friends give gifts that a new baby will need
- **bottle-fed:** fed milk or formula from a special baby bottle
- **breast feeding:** feeding the new baby breast milk from the mother
- ① **bundle of joy:** a new baby
- **colic:** upset for a baby that may be caused by stomach pain
- **crawling:** moving around on hands and knees
- ① **cooped up:** feel closed in a small space for too long
- **dribbling:** spilling from the mouth
- ① **dust bunnies:** small gatherings of dust
- **elements:** ingredients
- **formula:** special milk for babies that is made to be like mother's breast milk
- **fussy:** upset; cranky; irritable
- ① **get out of the house:** have a change in a boring house routine by going out
- **grab:** take and hold
- ① **in a flash:** really fast

- ① **in ages:** in a long time
- **infant:** a very young baby
- **layette:** the first clothes a baby needs
- **newborn:** a new baby
- **night out:** a special night doing something different or fun
- **nutrients:** things in food that the body needs
- **nutrition:** the food that the body needs
- **onesies:** special one-piece baby clothes
- ① **or so:** approximately; about
- ① **out of:** not having something
- **parenthood:** being a mother or father
- **patience:** ability to stay calm under stress
- **pediatrician:** a doctor who takes care of babies and children
- **pureed:** food processed in a blender until food is like a thick liquid or paste
- **similar:** like
- **soothe:** comfort
- **tantrum:** a fit of anger by an upset child
- ① **Terrible Twos:** the age (around two years) when little ones are famous for being difficult
- **toddler:** a young child, just starting to walk
- **whining:** complaining with an annoying, long, questioning sound
- **wondering:** thinking about

GRAMMAR REMINDER 2: *Used to*

When talking about something you did as a habit in the past (that you no longer do now), use *used to* plus the base form of the verb.

Example:

We **used to go** to the movies and clubs. (We no longer do that.)

In the negative, use **didn't** and **use to**. (No *d* on *use*!)

Correct Example:

You **didn't use** to go grocery shopping . . .

Not:

You didn't **used** to go grocery shopping . . .

MORE FUN
Babies and F

• **sleep like a b**
He spent the
all that hard w

• **smooth as a l**
a man's head
Steven started
was **smooth a**

• **in the family w**
Loretta couldn
would have the

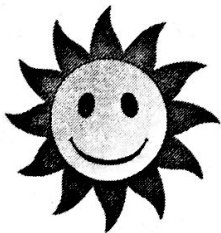
• **pregnant paus**
something impc
The teacher anr,
a **pregnant pau**

• **a chip off the ol**
James was a **ch**
just like his father



MORE FUN WITH IDIOMATIC EXPRESSIONS: Babies and Parents

- **sleep like a baby:** sleep very well
*He spent the whole day working in the garden and mowing the lawn. After all that hard work, he **slept like a baby** that night.*
- **smooth as a baby's bottom:** completely smooth; often used to talk about a man's head
*Steven started losing his hair at age 30. By the time he was 50, his head was **smooth as a baby's bottom**.*
- **in the family way:** pregnant
*Loretta couldn't wait to tell her friends that she was **in the family way** and would have the baby in December.*
- **pregnant pause:** stopping for a short time during a speech before saying something important
*The teacher announced that she would give the results of the big test. After a **pregnant pause**, she said that everyone had passed.*
- **a chip off the old block:** just like a parent
*James was **a chip off the old block**; he loved to read about archaeology, just like his father.*



Fun Fact!

In 1914, President Woodrow Wilson signed a bill making Mother's Day a national holiday. We think he should have included a free vacation for every mother. And maybe two vacations for mothers of twins!