

Joan's Babysitting



My name is Joan Thompson. I am very good with children and will give 100% of my attention to your kid(s). I am a professional babysitter/nanny with seven (7) years experience seeking a great family to work with. I am also a pleasant demeanor individual who has a passion for kids.

CONTACT ME: 805-376-1015



1. What is the purpose of this text?

- A. To find a babysitter for children
- B. To offer babysitting services
- C. To describe a happy family
- D. To announce a family event

The Family Grapevine is a very useful resource for families with children from pregnancy to teenagers. We have been supporting local businesses and printing free local magazines since 1995.

Printed and distributed three times a year in March, July and November to tie in with school holidays, each magazine is packed with information on local clubs, societies, holiday schemes, events, competitions and much more, to help families plan their leisure time. If you run a local business and would like to advertise with us, in print or online, please get in touch via

james@thefamilygrapevine.co.uk or

elizabeth@thefamilygrapevine.co.uk



2. Who is the main audience for The Family Grapevine magazine?

- A) Teenagers only
- B) Families with children of all ages up to teens
- C) Adults without children
- D) Elderly people

HELLO families

Find out about all the support available to you on our family information hub

Our upgraded Family Information Hub helps families find support, advice and guidance to make family life easier.

The website has been completely refreshed based on parent feedback to make accessing services easier to find out about.

What support is available to families in Westminster?

The launch of the new website comes as the council launches a year-long promotional campaign, pointing the spotlight at a variety of services available to our residents.

This includes:

- support offered in-person at our family hubs
- early education and childcare information
- activities to entertain and educate older kids

Visit: westminster.gov.uk/families

City of Westminster

3. What is the main function of this online service?

- A) To help families find advice and assistance
- B) To sell educational materials
- C) To organize community events for adults only
- D) To recruit volunteers for local programs



4. Who are the main focus of this event?

- A) Entrepreneurs running their own business alone
- B) International corporations
- C) Companies owned and managed by families
- D) Charitable organisations

5. How can families discover the childcare options available to them?

- A) By visiting childcare centres in person
- B) By checking local newspapers
- C) By looking for information online
- D) By calling schools directly



Reading Task

Why trying to fit in is not always good

Children and teenagers often want to fit in with their friends. This can make them easily influenced by others. When children are very young, parents are the most important people in their social life. If parents are not present or involved, friends may become the main influence earlier.

Children start learning to trust themselves from a very young age. For example, letting a baby sleep when and where she wants shows her that her feelings are important. This helps the child learn to follow her own feelings instead of always listening to others. We should respect her choices about her body, timing, learning, and hobbies.

When parents respect children's real choices, children learn: "My feelings are important. I can trust myself and do not need to copy others." This does not mean giving children too much freedom. It means teaching them to follow what feels right for them.

Parents should also show their children how to trust themselves. Asking children to "fit in" means telling them to be like others. Parents who try too hard to fit in with family, neighbours, or friends may teach their children to seek approval. If children are always told to fit in, compete, or impress others, they may have trouble saying no to peer pressure later.

6. Why can children who want to fit in be at risk?

- A) They may ignore their own feelings and follow friends
- B) They will always do what their parents want
- C) They will become leaders among peers
- D) They will focus only on school work

7. How can parents help very young children trust themselves?

- A) By making all decisions for them
- B) By letting them follow their own routines and choices
- C) By telling them to copy their friends
- D) By limiting their free time

8. What does “asking children to fit in” really mean?

- A) Encouraging them to explore personal interests
- B) Telling them to behave like others
- C) Allowing complete freedom without guidance
- D) Supporting independence

9. What might happen if children are constantly encouraged to impress others?

- A) They will develop strong self-confidence
- B) They may give in to peer influence easily
- C) They will ignore friends completely
- D) They will become independent of adults

10. What is the main message of the text?

- A) Children should always do what others expect
- B) Trusting yourself is more important than fitting in
- C) Parents must control every child's choice
- D) Friendship is the key to independence

11. Stroking

Talk calmly to your baby. Stroke them gently. Try placing your baby face down on your lap, or hold them against you and try stroking their back gently up and down



12. Going for a walk

Go outside with your baby and walk them in a pram or in a baby sling. The rocking motion can be very soothing for a baby. If you can't go outside try a gentle rocking motion inside. Walk around whilst gently rocking your baby.



13. Humming or singing

Hum or sing to your baby. Let them hear a repeating, constant and soothing sound. Classical music, including piano and guitar, can sometimes soothe some babies.



14. Sucking

Sucking can help relieve a baby's crying. If offering the breast is not possible, a dummy can soothe a baby. This can be given after 4 weeks for babies who are breastfeeding, or at any time if the baby is formula fed.



15. Hold them close.

Pick your baby up gently and hold them close to your chest. Skin-to-skin contact helps them feel warm, safe, and calm. Your heartbeat and body warmth can remind them of the comfort they felt before birth.



16. Bathing

Try giving them a warm bath

A warm bath can help calm a crying baby. The gentle water and soft sounds can make them feel safe and relaxed. Always check that the water is warm, not hot, and never leave your baby alone. Speaking softly or humming a quiet tune while bathing can also comfort them. After the bath, wrap your baby in a soft towel and hold them close to keep them warm and secure.



A. Helps them calm down through gentle rhythm and movement.

B. Makes them feel safe through warmth and closeness.

C. Brings peace with quiet, repeated tones.

D. Provides comfort through touch and gentle motion.

E. Helps them relax thanks to warm water and your voice.

F. Keeps them busy with colourful toys.

G. Gives comfort through sucking and steady rhythm.

H. Makes them more active and playful.

Nine ways to support teens to build self-reliance

The greatest difficulty is our own fear (17) _____ our teenagers' strong desire to become independent. As a teenager, my oldest son, Yonatan, had friends who were very different from our values, and his choices in clothes and hobbies gave me a lot to worry about. After two years, he moved on.

One day, while talking about growing up, he said, "Mom, the best thing I had these last few years (18) _____ in me."

Trust is powerful for both parents and teenagers, especially when a young person is trying out new trends or (19) _____ in ways that make parents anxious. Parenting is about giving some freedom while staying aware and knowing (20) _____ for advice.

Secure teenagers don't just copy their parents; they (21) _____ in life. They try to take part in the community while keeping their sense of who they are. To reduce your worries, start by understanding that you cannot know (22) _____ in the future. Keep communication open and friendly so they feel safe to talk to you.

- A. non-judgemental and friendly
- B. carve their own path
- C. was your complete trust
- D. feeling excited and curious
- E. how things will end
- F. impressing friends
- G. when a teenager needs
- H. in the face of

USE OF ENGLISH

Read the text below and choose the correct answer (A–D) for each gap (23–32).

The greatest difficulty is our own fear in the face of our teenagers' powerful striving to create themselves. As a teenager, my oldest son, Yonatan, had friends who were far from (23) _____ our values, and his wardrobe and activities gave me a lot to worry about. After two years he was done and moved on. As we were talking one day about growing up, he said to me, "Mom, the best thing I had these last few years was your complete (24) _____ in me."

Trust is powerful for both you and your teenager, especially when she is trying out new fads or impressing friends in ways that (25) _____ you. Your trust keeps the core being in your child or teenager alive, so she can feel (26) _____ in her own ability to return to herself, much like she did when she ran away as a toddler. Parenting is letting go of control while staying (27) _____ and aware, and knowing when a teenager is (28) _____ for guidance. Secure and (29) _____ teenagers don't become like their parents: they carve their own path.

They want to find a way to be part of the community while preserving their inner sense of (30) _____.

To melt your anxiety away, start by (31) _____ that you cannot know how it will end up. What looks scary today often becomes the springboard to great (32) _____ tomorrow.

No	A	B	C	D
23	represent	representing	represented	representation
24	trust	trusting	trustful	trusted
25	worries	worry	worrying	worried
26	confident	confidence	confidently	confide
27	connected	connecting	connect	connection
28	yearning	yearns	yearned	yearn
29	confidence	confident	confidently	confiding
30	self	selfish	selfless	oneself
31	realising	realise	realised	realisation
32	unfoldings	unfolding	unfolded	unfolds

Answer key:

1 - B
2 - B
3 - A
4 - C
5 - C
6 - A
7 - B
8 - B
9 - B
10 - B
11 - D
12 - A
13 - C
14 - G
15 - B
16 - E
17-H
18-C
19-F
20-G
21-B
22-E
23 - B
24 - A
25 - B
26 - A
27 - A
28 - A
29 - B
30 - A
31 - A
32 - A