

Holding the baby 为人父母的难处

Vocabulary: parenthood 词汇: 为人父母

What sort of **upbringing** did you have? Did your parents impose strict **discipline**?

Raising a child is not easy and the challenges of parenthood have turned **childcare** advice into a multi-billion pound industry. Books, magazines and television shows compete for credibility.

If your mother fed you only at the right time and ignored any cries for more, she would have been applauded by Dr Frederick Truby King. He was given a top honour in 1925 and credited with reducing **infant mortality** in New Zealand.

Character building was something to be started at a young age according to the stern doctor: he recommended no more than 10 minutes of cuddles a day. The **formative** months were for eating, sleeping and growing.

The stress on **bonding** was important for Dr Benjamin Spock, possibly the 20th Century's most famous **childcare** guru. He encouraged a **touchy-feely** approach to **bringing up** children, and told parents to trust their own **instincts** and **common sense**.

The Spock guide to parenting went **mainstream** in the 1960s when mothers were getting used to **household appliances** and **disposable nappies**. It left them far more time for cuddling, **doting** and **pampering** than most Truby King parents were likely to have enjoyed.

In Britain, **paediatrician** and psychoanalyst Donald Winnicott helped to address some parents' **sense of guilt** by promoting the idea that it was OK not to be perfect. Occasional failure was not just inevitable - it was part of the child's **learning curve**. He didn't believe in setting regimes or even giving instructions. Winnicott's philosophy was all about understanding, not **admonishing**.

But a new technique is gaining popularity. Some 21st century children have to put up with the **no-nonsense** approach of professional nanny Jo Frost. This self-styled Mary Poppins from the reality TV show Supernanny has reached millions of viewers across 47 countries.

For many parents, Frost is the inspiration for the "naughty step" technique. Children who are **misbehaving** get a warning, but if they carry on they have to sit on a step. After waiting one minute for every year of their age they have to apologise for what they've done.

The best measure of the success of each technique might be how the baby has turned out. If you are good and happy, who is to say your parents' method was wrong?

词汇表请参看答案与词汇部分



Quiz 测验

阅读短文并回答问题。

1. What did Dr King recommend parents to ignore?
2. Who encouraged more cuddles?
3. What did Donald Winnicott's philosophy reject?
4. Is this statement true or false? *Supernanny is the name of the new Mary Poppins movie.*
5. Which expression means 'practical'?

Exercise 练习

请你在不参考课文的情况下完成下列练习。从每个表格中选择一个意思合适的单词填入句子的空格处。

1. Jane's husband bought her a diamond bracelet and took her to the Bahamas for a romantic holiday. That's what I call _____!

admonishing	pampering	misbehaving	parenting
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2. When Alan's sister died he became responsible for her sons' _____.

learning curve	bonding	upbringing	instinct
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3. I was _____ up in a bad neighbourhood. There was violence and poverty everywhere.

pampered	turned	bought	brought
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4. You are always late for work. You have _____ at all and your boss will fire you!

no discipline	no character building	no-nonsense	no bonding
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5. If you feel lonely and depressed all the time you should go to a _____.

paediatrician	psychoanalyst	nanny	childcare guru
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Answers and Glossary 答案与词汇

Quiz 小测验

1. What did Dr King recommend parents to ignore? **The baby's cry for more food.**
2. Who encouraged more cuddles? **Dr Benjamin Spock.**
3. What did Donald Winnicott's philosophy reject? **Admonishing children.**
4. Is this statement true or false? *Supernanny is the name of the new Mary Poppins movie.*
False. It's the name of a reality TV programme presented by Jo Frost.
5. Which expression means 'practical'? **No-nonsense.**

Exercise 练习

1. Jane's husband bought her a diamond bracelet and took her to the Bahamas for a romantic holiday. That's what I call **pampering!**
2. When Alan's sister died he became responsible for her sons' **upbringing.**
3. I was **brought** up in a bad neighbourhood. There was violence and poverty everywhere.
4. You are always late for work. You have **no discipline** at all and your boss will fire you!
5. If you feel lonely and depressed all the time you should go to a **psychoanalyst.**

Glossary 词汇表

upbringing	教养, 抚育
discipline	纪律, 符合准则的行为
childcare	幼托
infant mortality	婴儿死亡率
character building	性格培养
formative	(经历)决定性格的, 影响发展的
bonding	亲密关系
touchy-feely	公开表露感情的
to bring up	教育, 培养
instinct	本能反应, 直觉
common sense	常识, 直觉判断力
mainstream	主流
a household appliance	家用电器
a disposable nappy	一次性尿布
doting	溺爱的, 宠爱的
pampering	姑息, 纵容
a paediatrician	儿科医生
sense of guilt	愧疚感
learning curve	学习曲线
admonishing	责备
no-nonsense	不容胡闹的
to misbehave	(儿童) 淘气、行为不当