

Lesson 3: Overprotection Can Cause Childhood Anxiety



Vocabulary Practice:

<p>Overprotective - wishing to protect someone, especially a child, too much.</p>	<p><i>The children of overprotective parents are sometimes rather neurotic.</i></p>
<p>Risk - danger, or the possibility of danger, defeat, or loss.</p>	<p><i>There's a risk of an accident happening in this fog.</i></p>
<p>Anxiety - an uncomfortable feeling of worry about something that is happening or might happen, or a cause of this.</p>	<p><i>Don't you have any fears or anxieties about middle age?</i></p>

Dialogue Reading:

I'm already a big kid

Mom: Lisa, don't forget to drink your milk before going to school.

Lisa: I know mom.

Mom: Don't forget to take your vitamins too after eating your breakfast.

Lisa: Yes mom, got it!

Mom: Maybe it will rain later, don't forget to bring you umbrella.

Lisa: Mom, I will.

Mom: Lisa, be careful in crossing the street. Look at both sides of the road.

Lisa: Oh! C'mon mom! I'm too old to have to be told that.

Mom: You know, it's better to be alert all the time. We can never tell what will happen to us. So you must always be ready.

Lisa: I know mom. I'm not a baby anymore.

Mom: I know that, Lisa. You know how much I love you.

Lisa: Mom, you're making me worry a lot, you make me feel as if I can't handle things on my own.

Mom: Oh! I'm sorry for you feel that way. I'm just reminding you, you know.

Exercise:

Answer the following:

1. What is overprotective?
 - a. an act to make someone safe
 - b. wishing to protect someone too much
 - c. accompanying someone everywhere
2. What is risk?
 - a. the possibility of danger
 - b. the first attempt to do something
 - c. doing someone to an extreme
3. What is anxiety?
 - a. a feeling of discomfort caused by sitting in an awkward position
 - b. an uncomfortable feeling of worry about something that is happening
 - c. lacking compassion for other people
4. Are you an overprotective parent? Why or why not? What precautions do you take with your children?
5. What are the advantages and disadvantages of being overprotective?