

# IELTS Reading: Lesson 4



## ARTICLE: Program Reduces Behavior Problems

Instructions:

- 1) Read the article below as fast as you can. Try to remember as much detail as possible without slowing down.  
\*\*If it is too difficult remember this: "Don't worry, that is why you are taking this class. No one is an expert the first try."\*\*
  - 2) Read the article again slowly. Compare how much you understand this time.
  - 3) Read the article a third time, translate words you don't know and write them down. How is your understanding different?
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- A. A home-based parenting programme to prevent childhood behaviour problems, which very unusually focuses on children when they are still toddlers and, in some cases, just 12 months old, has proven highly successful during its first public health trial.
  - B. The six-session programme involves providing carefully-prepared feedback to parents about how they can build on positive moments when playing and engaging with their child using video clips of everyday interactions, which are filmed by a health professional while visiting their home.
  - C. It was trialled with 300 families of children who had shown early signs of behaviour problems. Half of the families received the programme alongside routine healthcare support, while the other half received routine support alone. When assessed five months later, the children whose families had access to the video-feedback approach displayed significantly reduced behavioural problems compared with those whose families had not.
  - D. All of the children were aged just one or two: far younger than the age at which interventions for behaviour problems are normally available. The results suggest that providing tailored support for parents at this earlier stage, if their children show early signs of challenging behaviour -- such as very frequent or intense tantrums, or aggressive behaviour -- would significantly reduce the chances of those problems worsening.
  - E. Children with enduring behaviour problems often experience many other difficulties as they grow up: with physical and mental health, education, and relationships. Behaviour problems currently affect 5% to 10% of all children.
  - F. The trial -- one of the first ever 'real-world' tests of an intervention for challenging behaviours in children who are so young -- was carried out by health professionals at six NHS Trusts in England and funded by the National Institute for Health Research. It was part of a wider project called 'Healthy Start, Happy Start', which is testing the video-based approach, led by academics at the University of Cambridge and Imperial College London.

Read the resto of this article at: <<https://www.sciencedaily.com/releases/2021/03/210315115052.htm>>

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### VOCABULARY & PHRASES

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tantrum	intervention	academic
toddler	routine (regular)	tailor
challenging	everyday	assess
interaction	engaging	professional
feedback	enduring	aggressive

# IELTS Speaking: Lesson 4



## QUESTIONS: Program Reduces Behavior Problems

Questions 1-6

Complete the sentences below.

Choose NO MORE THAN THREE WORDS from the text for each answer.

Write your answers in the spaces for 1-6 below.

1. Half of the families received the programme alongside \_\_\_\_\_.
2. It was part of a wider project called 'Healthy Start, Happy Start', which is testing the \_\_\_\_\_.
3. how they can build on \_\_\_\_\_ when playing and engaging with their child
4. in some cases, just 12 months old, has \_\_\_\_\_ during its first public health trial.
5. Children with \_\_\_\_\_ often experience many other difficulties as they grow up
6. show early signs of challenging behaviour -- such as very frequent or \_\_\_\_\_, or aggressive behaviour

Questions 7-11

Do the following statements agree with the information given in Reading Lesson 4?

Answer the questions with one of the below options

TRUE if the statement agrees with the information

FALSE if the statement contradicts the information

NOT GIVEN if there is no information on this

7. All of the children in the experiment were 1 or 2 years old.
8. More than 30% of children have behavior problems.
9. The trial was unique because of the age of the children being studied.
10. The families selected for the study all had more than one child.
11. The program involved six sessions.

Questions 12

Choose the correct letter A, B, C, or D.

12. This program is mainly aimed at helping:
- A. Children
  - B. Children and their parents
  - C. Only Parents
  - D. Teachers at Schools

ANSWERS

- |                                |          |
|--------------------------------|----------|
| 1. routine healthcare support  | 11. TRUE |
| 2. video-based approach        | 12. B    |
| 3. positive moments            |          |
| 4. proven highly successful    |          |
| 5. enduring behaviour problems |          |
| 6. intense tantrums            |          |
| 7. TRUE                        |          |
| 8. FALSE                       |          |
| 9. TRUE                        |          |
| 10. Not Given                  |          |