

12-Week Training Program

# English For Parents

sweedacademy

# English for Parents

Learn and Use English With Your Kids

Dear Parents,

Parenting can be hard, and you always wonder if you're doing it right, don't you? We could always use a few new ideas in this adventure, don't we? As an English teacher living in Spain, parents often ask me to have lessons with their children. I can't do that. There just aren't the hours in a day, so I've created the next best thing... which is actually a BETTER THING than just teaching your kids. **I want to teach YOU to teach your kids.**

If you work with this course, you will be able to introduce a **bilingual** feel and ambience in your house that will last much longer than the length of the course.

I hope you find more than just English expressions in this course. I hope you can find another level of connection and communication with your children!



Jesse J. Sweed

I've designed this course to be helpful for English learners from the basic beginners to advanced English speakers who want a little direction on how to teach their kids English. I teach basic instructions, sentences, and phrases that I use almost every day with my two kids, their friends, and in the classroom.

We will learn:

- ⇒ **Basic English expressions**, meanings, and when to say them.
- ⇒ **Pronunciation** to make them natural and easy to say and memorable.
- ⇒ Another **perspective** and tips that can help with your kids
- ⇒ Much more.

## How to use this course.

Less is more. I suggest focusing on only one or two expressions per week (depending on your English level). This will help you learn and use these expressions in real life and help them become a part of you.

It is recommended that you review one or two new expressions, and then practice it during the week alone and with your child.

**Note:** This is NOT a grammar course. Jesse will remind you throughout the course that he doesn't want you to think about the grammar. We're focusing mostly on pronunciation and when to use it.

If you disagree or don't like one of these expressions for any reason, skip it and go to the next one, or keep practicing the ones you like... or ask Jesse more about it. Speak the way you want to speak. Make the language YOURS!

If you have social media (Instagram, Twitter, Facebook, etc.) take photos of your kids doing these things and use the hashtag #EnglishForParents. Tag me!



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LET'S START!

## **WEEK 1**

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### **STARTING OUT**

#### **Come on**

**When to use it:**

- When your baby starts crawling or walking
- To encourage your baby to crawl or walk toward you

**Pronunciation:**

/c'm-mon/

#### **Come here**

**When to use it:**

- When your toddler crawl or walk
- When you want your child to come (for a kiss or a chat)

**Pronunciation:**

/c'-meer/

# I love you.

**When to use it:**

- Always

**Pronunciation:**

/I-luh-view/

## WEEK 2

### MANNERS & LOVE

#### What do you say?

**When to use it:**

- To say "Thank you"
- To say "Bye-bye"

**Pronunciation:**

/wah-do-ya-say/

#### Give me a huggy/kissy.

**When to use it:**

- When you want a hug or a kiss

**Pronunciation:**

/gim-me | a-huggy/

/gim-me | a-kissy/

**WEEK 3****WASHING UP****Brush your teeth.****When to use it:**

- When you want your child to brush their teeth or hair

**Pronunciation:**

/bru-shur | teeth/

/bru-shur | hair/

**Wash your hands.****When to use it:**

- When you want your child to wash their hands

**Pronunciation:**

/wa-shur | hands/

## **It's bath time. / It's time for a bath.**

**When to use it:**

- When you get your child ready for a bath

**Pronunciation:**

/its-bath-time/

/its-time | fura-bath/

/let-sgo | tei-ka-bath/

## **It's bed time. / It's time for bed.**

**When to use it:**

- When you get your child ready for bed.

**Pronunciation:**

/bed-time/

/time-fur-bed/



**WEEK 4****EATING****Take a bite./ Open up.****When to use it:**

- To get your child to eat.
- Ask them to eat

**Pronunciation:**

/tei-ka-bite/

/ope-nup/

**Three more... Two more... Last one...  
Finished****When to use it:**

- A countdown for doing something
- You can use it for eating, playing, doing homework, etc.

**Pronunciation:**

/three-moor/

/finish't/

/las-twon/

## WEEK 5

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### AFTER EATING

#### Put it in the sink.

**When to use it:**

- To put something into the sink
- You can use “put it” for rooms, too.

**Pronunciation:**

/pu-dit/      /pu-tit/

/in-th'sink/

#### Take this to the kitchen.

**When to use it:**

- When you want your child to take something somewhere
- This works for any room in the house.

**Pronunciation:**

/Take-this | to-the-kitchen/

/Take-this | to-the-bedroom/

/Take-this | to-the-living-room/

**Rooms:**

the kitchen

the living room

your room

mommy and daddy's room

the bathroom

/pu-tit/

/in-th'sink/

## WEEK 6

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## PLAYING

### Kick it!/ Throw it!/ Get it!/ Good catch!

**When to use it:**

- When you're playing

**Pronunciation:**

/ki-kit/      /thro-wit/      /ge-dit/  
/kik-th'ball/      /thro-th'ball/      /get-th'ball/  
/gud-catch/

### Give me the ball!

**When to use it:**

- When you are playing.

**Pronunciation:**

/gim-me | th'ball/  
/gi-vit | to-me/      /gi-vit | to \_\_\_\_/  
/Can-I-have | th'-thing/

**WEEK 7****GETTING READY**

**Put on your \_\_\_\_./ Take off your \_\_\_\_.**

**When to use it:**

- To get dressed or undressed
  - When you get ready to go
- or come home

**Pronunciation:**

/pu-ton | yur-shooz/

/tei-koff | yur-shooz/

/ja-ket/

**Are you ready? Let's go.**

**When to use it:**

- When you want to go somewhere
- When your child wants to do something
- When your child asks permission for something

**Pronunciation:**

/reddy/

/ar-y'-reddy/

/lets-go/

## **WEEK 8**

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### **MORE PLAYING**

#### **Of course.**

**When to use it:**

- When your son or daughter asks permission of something
- When your son or daughter asks a yes or no question

**Pronunciation:**

/of-coooooorse/

#### **Where's \_\_\_\_\_? There he/she is!**

**When to use it:**

- When playing peek-a-boo

**Pronunciation:**

/where's-na-im/

/there | ee-iz/ /there | she-iz/

**WEEK 9****BE SAFE****Careful****When to use it:**

- To warn your kids of something dangerous

**Pronunciation:**

/care-ful/

**Car / Here comes a car.****When to use it:**

- When you are getting ready to go somebody
- Before you leave someplace

**Pronunciation:**

/car/    /here-cumza-car /

## Wait/ Stop

### When to use it:

- When you're going for a walk
- "Wait" is less harsh than saying "Stop"

### Pronunciation:

/weit/      /stop/

## What floor?/ What number?

### When to use it:

- When you get in the elevator
- This also teaches them how to get home

### Pronunciation:

/what-floor/

/what-number/

## **WEEK 10**

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### **NIGHT TIME**

#### **Legs. / Fix your legs.**

**When to use it:**

- When your child has the “W” legs.

**Pronunciation:**

/legz/

/Fixyur-legz/

#### **Go to sleep.**

**When to use it:**

- When your child wants to do ANYTHING BUT sleep.

**Pronunciation:**

/go-ta | sleep/



**WEEK 11****OOPS!****Pick it up****When to use it:**

- When your son/daughter has dropped something.
- When something is on the ground and he/she wants it.

**Pronunciation:**

/Pih-ki-tup/

/Pih-ki-dup/

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**Get up****When to use it:**

- When your son/daughter falls down and isn't hurt
- When you wake him/her up
- When he/she is sitting down and you want him/her to stand up

**Pronunciation:**

/Geh-dup/

/Geh-tup/

## That's ok. No problem.

### When to use it:

- When your child made a mistake.
- When they are crying

### Pronunciation:

/that-sokay/    /no-promblem/

## Are you ok? You're ok./ Poor thing.

### When to use it:

- When your kids fall down or get scared.
- When your child is sick
- This shows the child that you care.

### Pronunciation:

/Are-ya-ok/

/Yur-ok/

/Poor-thing/

/Poor-thing | cuh-meer/

/Poor-thing | gimme a-huggy/

## **WEEK 12**

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### **MOTIVATION**

#### **You can do it.**

**When to use it:**

- When your child is doing something challenging.
- When he/she is trying something new.
- To encourage them.

**Pronunciation:**

/You-c'n-do-wit/

/You-can-do-wit/

#### **That's it, you got it.**

**When to use it:**

- When you want to encourage your children.
- When your child is doing something new or challenging.

**Pronunciation:**

/That-sit/      /You goh-dit/

## Remember The Basics

### Good morning.

**When to use it:**

- First thing in the morning.
- Go out of the balcony or look out the window.
- I normally point out the birds when I say it.

**Pronunciation:**

/G'd-morning/

### Good night.

**When to use it:**

- Obviously when they go to bed.

**Pronunciation:**

/Good night/

/G'night/

## Ready. Steady. Go!

### When to use it:

- When you are playing.

### Pronunciation:

/re-dee | ste-dee | go/

## Hello/Hi

### When to use it:

- As a greeting.

### Pronunciation:

/Heh-lo/

/Hai/

## Bye-bye.

### When to use it:

- When you're leaving.

### Pronunciation:

/bai-bai/

## Real Practice

### Exercises

Check off the assignments as you accomplish them.

#### 1. Starting out

- ☐ Use “Come here” and “Come on” **three times a day** for one week. (WITH or WITHOUT a response)
- ☐ Use either “Come here” or “Come on” and have your child come **one time**.
- ☐ Tell your child “I love you” **at least one time**. Observe their reaction.
- ☐ Tell your child “I love you” **at least 10 times** in one week. Observe their reaction.

#### 2. Manners and Love

- ☐ Say, “What do you say?” **at least 3 times**.
- ☐ Your child responds to “What do you say?” with “Please”, “Thank you”, “Hello”, etc.
- ☐ Ask your child for a huggy or a kissy **6 times**. (WITH or WITHOUT their response)
- ☐ Your child gives you **at least one** hug or kiss when you ask.

#### 3. Washing up

- ☐ Say, “Wash your hands” or “Brush your teeth” **at least 1 time each day** for a week.
- ☐ Say, “It’s bath time” or “It’s time for a bath” **one time**.

What was their response? \_\_\_\_\_

- ☐ Sing the “I can wash my hands” song during bath time.
- ☐ Say, “It’s bath time” or “It’s time for a bath” **every night for a week**.

What happened throughout the week? \_\_\_\_\_

#### 4. Eating

- ☐ Say "Take a bite" **at least 5 times** in ONE meal.
- ☐ Ask "Is it good?"
- ☐ Count how many more bites they have to take.
- ☐ Ask if they've finished.

#### 5. After eating

- ☐ Ask your child to take something to the kitchen.
- ☐ Ask your child to put something in the sink.
- ☐ Ask your child to put something in a place. Where?: \_\_\_\_\_
- ☐ Ask your child to take something to a different room.
  - ☐ The living room
  - ☐ Your room
  - ☐ The bathroom
  - ☐ Mommy and Daddy's room
  - ☐ \_\_\_\_\_

#### 6. Playing

- ☐ Play with a ball with your son or daughter using the language.
  - ☐ Kick it
  - ☐ Throw it
  - ☐ Get the ball
  - ☐ Give me the \_\_\_\_\_./Can I have the \_\_\_\_\_?
  - ☐ Give this to \_\_\_\_\_
  
- ☐ Play running games with your kids and use 'Ready. Steady. Go!'

**7. Getting Ready**

- ☐ Say hand, foot, arm, leg, and head in different situations
  - ☐ Getting dressed
  - ☐ Give me your hand
  - ☐ Taking a bath
- ☐ Ask if your child is “ready”.
- ☐ Tell your child to “Put on” and “Take off” their clothes.
- ☐ Say, “Ready? Let’s go” before leaving a place.

**8. More playing**

- ☐ Tell your child “Good job” at least 3 times in one day.
- ☐ Respond to your child with “Of course”
- ☐ Play Peek-A-Boo with your kid and use, ‘Where’s \_\_\_\_\_. There he/she is.’

What was their response? \_\_\_\_\_

**9. Warnings**

- ☐ Tell your child “Careful” about something
  - ☐ Something is hot
  - ☐ A car is coming
  - ☐ When running or playing
  - ☐ When carrying something
- ☐ Tell your child “Stop” or “Wait” while going for a walk.
- ☐ Ask your child what number in the elevator.

**10. Night time**

- ☐ Ask your child to fix their legs (if they do the W legs).
- ☐ Tell your kids “It’s time for bed” for 5 days straight.



- ☐ Tell your kids “It’s time for bed” for 7 days straight.
- ☐ Tell your child “Go to sleep”
- ☐ Tell your child “Good night”

**11. Oops**

- ☐ Ask your child to pick something up.
- ☐ Tell your child to get up **at least once**.
- ☐ Tell your child “That’s ok” and “No problem”.

**12. Motivation**

- ☐ Tell your child “You can do it” when they’re doing something difficult
- ☐ Tell your child “That’s it. You got it.” when they’re doing something difficult.
- ☐ Tell your child “You got it” when they’ve accomplished something difficult.

**13. BONUS Homework**

- ☐ Go back and choose one week to focus on this week.
- ☐ Learn and use ONE new expression