



There appears to be something amiss with my grandson and his closest companion.

Description

Patrons of the Academic Plus tier receive additional Parenting and Nurturing content on a weekly basis. If you have a query pertaining to child rearing, parenting, or familial life,

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To Whom Parenting and Nurturing May concern,

I forge an immensely strong bond with my grandson, Jack. At a tender age of twelve, Jack manifests predefined shyness. He shares a profound friendship with Elizabeth, who mirrors his characteristics although their interests diverge significantly. Jack and Elizabeth follow a unique contrive of being "old souls," wherein rather than indulging in frivolous activities such as being incessantly hooked to social media applications like TikTok, they prefer an intellectually stimulating engagement with a classic Agatha Christie book. Their companionship is so intricately linked that one becomes incapacitated if the other is absent. For instance, Jack developed an enthusiasm for art classes, but his inexplicable dependency on Elizabeth caused him to retract when she wasn't enlisted with him, thus leaving him ineffective and retreatant.

Jack and Elizabeth share their academic schedule except for a few classes. Jack, being inherently reserved, struggles with active participation in class. However, when Elizabeth underwent surgery and was absent from school, no less did Jack crumble under the weight of facing school life alone — numerous were the instances when he would ring me up, his voice choked with tears due to the chaotic struggle of handling school without his interpersonal anchor, Elizabeth.

As per my acquired information, Elizabeth exhibits a similar codependency on Jack. Elizabeth has provided unshakeable support during Jack's distressing life episodes, one being the demise of his father. My daughter, although well-meaning, possesses a predilection for being defensive when parenting advice is given, thus not recognising Jack's mounting mental health concerns as afflictions, but rather casual undercurrents of his disposition to shyness. I am at a loss of how to assist my grandson while navigating this sensitive terrain.

—Worried Grandmother

To the Worried Grandmother,

The love and concern you harbour for your grandson, Jack, are palpable. Your being a consistent confidante in his life, a pillar of stability and comfort, and someone he can universally rely upon, you are undoubtedly fulfilling the vital role a guardian should. Despite this, anxiety gnaws at you. But it is crucial to abstain from forming unwarranted assumptions regarding Jack's mental health based on his dependency on Elizabeth. Bereavement has a profound impact, and the loss of his father might have been a significant psychological blow to Jack. Whatever his coping mechanism is, empathy and understanding should steer our approach. Stand by him — answer his calls, engage him, ascertain your care and concern for his emotional well-being,



and demonstrate your unconditional love for him at every possible instance.

Jack might find solace and support in counselling or targeted grief support. You can suggest this as a plausible course of action and extend your assistance if required. In your discussion with your daughter, it would be wise to steer clear from imposing advice that might be dismissed offhandedly, or focusing on unfounded speculations regarding Jack's school friendships. A dialogue should be initiated about how Jack is coping beyond an inherent trait of shyness — what observations has she made, what has been shared with her, what assistance can you provide — to create a supportive environment rather than a judgemental one.

Your control over your daughter's approach to parenting or Jack's daily school routine and his coping or healing methods in difficult times is minimal. However, you can persist in providing love, listening to him and being his guiding beacon. This continued support is undeniably valuable, especially if Jack is grappling with emotional turmoil.

—Nicole

Additional Guidance From the Academic Sphere

My son, now twelve years of age, effervesces with extrovert energies. He enthusiastically takes part in an array of activities — band, choir, football, swim team, and dance. Conversely, I, plagued by introversion and anxiety, find it considerably challenging to don the roles of "football mother," "stage mother," "dance mother," etc. How can I lend him necessary support without violating my personal comfort zones?

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!function(f,b,e,v,n,t,s){
if(f.fbq)return;n=f.fbq=function(){n.callMethod?
n.callMethod.apply(n,arguments):n.queue.push(arguments)};if(!f._fbq)f._fbq=n;
n.push=n;n.loaded=!0;n.version='2.0';n.queue=[];t=b.createElement(e);t.async=!0;
t.src=v;s=b.getElementsByTagName(e)[0];s.parentNode.insertBefore(t,s)}(window,
document,'script','https://connect.facebook.net/en_US/fbevents.js');
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Vocabulary List:

1. **Forge** // (verb): Create or develop a strong bond or relationship.
2. **Shyness** // (noun): Feeling nervous or uncomfortable in social situations.
3. **Incapacitated** // (adjective): Unable to function or act normally.
4. **Dependency** // (noun): Relying on someone or something for support or sustenance.
5. **Codependency** // (noun): Excessive emotional or psychological reliance on a partner typically one who requires support due to an illness or addiction.
6. **Afflictions** // (noun): Conditions of pain suffering or distress.

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What is the meaning of the word "professed" in the following sentence: She professed her innocence to the crime?

- Option: Admitted
- Option: Claimed
- Option: Denied
- Option: Confessed

2. Which term best describes a scientific discovery or invention that significantly changes the current understanding or practices?

- Option: Ordinary
- Option: Traditional
- Option: Conventional
- Option: Groundbreaking

3. Which branch of astronomy deals with the origin evolution and eventual fate of the universe?

- Option: Astrophotography
- Option: Cosmology
- Option: Astrometry
- Option: Astrobiology

4. What are remnants or traces of something that existed in the past called?

- Option: Vestiges
- Option: Vexations
- Option: Vortexes
- Option: Vanguard



5. In writing which term is used to describe the act of providing more detailed information or explanation on a topic?

- Option: Summarizes
- Option: Complicates
- Option: Elicits
- Option: Elaborates

6. Which term describes a feeling of discomfort or lack of confidence in social situations?

- Option: Timidity
- Option: Boldness
- Option: Arrogance
- Option: Shyness

7. What term is used for the process of buying or obtaining assets or companies?

- Option: Divestitures
- Option: Distributions
- Option: Acquisitions
- Option: Allocations

8. Which term best describes an action done secretly or without anyone's knowledge?

- Option: Openly
- Option: Publicly
- Option: Covertly
- Option: Blatantly

9. Who are unauthorized individuals who enter a place without permission or welcome?

- Option: Guests
- Option: Residents
- Option: Strangers
- Option: Intruders

10. What term refers to an opinion or conclusion based on incomplete information or guesswork?

- Option: Fact
- Option: Truth
- Option: Conjecture
- Option: Certainty

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. Despite the challenges she remained _____ in her pursuit of justice.

12. An infant has a strong _____ on their caregivers for basic needs.



13. The con artist was skilled at _____ others for his own gain.
14. The archaeologists discovered a small _____ of an ancient civilization in the cave.
15. The professor taught the students about the _____ principles of quantum physics.
16. A _____ is a basic unit of light.
17. The spy _____ gathered information without being noticed.
18. The _____ of a lightbulb glow brightly when electricity flows through them.
19. The undercover agent operated in a _____ manner to gather intelligence.
20. The _____ language used in the ancient manuscripts was difficult to decipher.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. The observatory had powerful telescopes to study bodies such as stars and planets.
22. The scientist's research led to new discoveries in the field of nanotechnology.
23. To create the intricate sword the blacksmith had to heat and the metal.
24. The healer specialized in treating various from physical ailments to emotional pain.
25. The software could perform complex calculations in a matter of seconds.
26. In linguistics an is a word or phrase that a pronoun refers back to.
27. The artist the plain walls with colorful murals depicting local history.
28. The spies operated to gather intelligence without being detected by the enemy.
29. The large bright billboard was highly among the buildings in the city center.
30. The patient's on pain medication grew as the illness progressed.

Answer

Multiple Choice: 1. Claimed 2. Groundbreaking 3. Cosmology 4. Vestiges 5. Elaborates 6. Shyness 7. Acquisitions 8. Covertly 9. Intruders 10. Conjecture

Gap-Fill: 11. indefatigable 12. dependency 13. manipulating 14. remnant 15. esoteric 16. photon 17. surreptitiously 18. filaments 19. covert 20. obscure

Matching sentence: 1. Celestial 2. Groundbreaking 3. Forge 4. Afflictions 5. Sophisticated 6. Antecedent 7. Embellished



8. Covertly 9. Conspicuous 10. Dependency

CATEGORY

1. Sci/Tech - LEVEL6

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