

Pet dogs lower stress in kids

4th December, 2015



New research shows that having a pet dog can help to reduce children's stress. A study by the Centers for Disease Control and Prevention in the USA shows that petting a dog is a great way to help stressed kids. Researchers looked at 643 children aged six and seven over an 18-month period. They found that children who have a pet dog suffer from less stress than children without a dog. The researchers said that just twelve per cent of children with pets showed signs of stress. This compares with 21 per cent of children with no dog. The research will come as no surprise to the parents of children who have a dog. They have always known that a dog is great for helping a child's development and mental health.

A researcher said there are many things about the research that she is still unclear about. She said she did not know if less anxious children have pet dogs, or if it is the other way round and pet dogs make children less anxious. She said the research just showed a link between pet dogs and children's stress. She said pet dogs help children start conversations. This can often be difficult for children to do and can cause them stress. The researchers also said a pet dog can be a source of comfort for children. The dog can also act as a friend to a small child, who tells the pet all his or her secrets and stories. Sometimes the dog is so important that its name can be the first word the child speaks.

Sources: *HealthAim / RapidNewsNetwork / FinancialSpots*

Writing

Animals should never be kept as pets. They are not here for that. Discuss.

Chat

Talk about these words from the article.

research / children's stress / petting a dog / 18 months / suffer / surprise / parents / unclear / anxious / link / conversations / source of comfort / secrets / stories / name

True / False

- A center for disease control conducted the study on kids and dogs. T / F
- Researchers looked at how kids aged 18 months acted with pet dogs. T / F
- The article said 12% of children have a pet dog. T / F
- The research is news to parents of children who have a dog. T / F
- A researcher was clear that less anxious children have pet dogs. T / F
- A researcher said pet dogs help children start conversations. T / F
- Some children tell their secrets to their pet dogs. T / F
- Sometimes the name of a pet is the first word a child speaks. T / F

Synonym Match

- | | |
|------------------|----------------|
| 1. reduce | a. uncertain |
| 2. found | b. wonderful |
| 3. suffer from | c. discussions |
| 4. stress | d. discovered |
| 5. great | e. significant |
| 6. unclear | f. anxiety |
| 7. link | g. lower |
| 8. conversations | h. relaxation |
| 9. comfort | i. experience |
| 10. important | j. connection |

Discussion – Student A

- How important are pets?
- What do children get stressed about?
- What can we do to reduce stress in children?
- Why is a dog so good at reducing stress in children?
- Should all parents get a pet dog for their children?
- Should dogs be kept as pets?
- What do you do to reduce your stress?
- What stresses do pets have?

BreakingNewsEnglish - The Mini Lesson

Phrase Match

- | | |
|--|----------------------------|
| 1. a pet dog can help to reduce | a. period |
| 2. petting | b. is still unclear about. |
| 3. over an 18-month | c. for children |
| 4. The research will come as no surprise | d. children's stress |
| 5. great for helping a child's development | e. and stories |
| 6. many things about the research that she | f. to the parents |
| 7. it is the other way | g. and mental health |
| 8. a source of comfort | h. child speaks |
| 9. his or her secrets | i. a dog |
| 10. the first word the | j. round |

Discussion – Student B

- What things made you stressed when you were a kid?
- What does a child learn from taking care of a pet?
- How good a friend is a pet to a child?
- Are there any bad things about having a dog as a pet?
- What secrets did you have when you were a child?
- Is a dog or a cat better to have as a pet?
- Is a snake or a spider a good pet?
- What questions would you like to ask the researchers?

Spelling

- help to edreuc children's stress
- ttgpeni a dog
- over an 18-month dpieor
- efusfr from less stress
- This sporcame with 21% of children
- mental atehhl
- many things about the rceraseh
- she is still elrancu about
- make children less uxinsao
- help children start nrtnvaoeioicss
- a source of coortfm for children
- all his or her rteces and stories

Answers – Synonym Match

1. g	2. d	3. i	4. f	5. b
6. a	7. j	8. c	9. h	10. e

Role Play

Role A – School

You think school is the most stressful thing for kids. Tell the others three reasons why. Tell them why their things aren't so stressful. Also, tell the others which is the least stressful of these (and why): parents, money or social media.

Role B – Parents

You think parents are the most stressful things for kids. Tell the others three reasons why. Tell them why their things aren't so stressful. Also, tell the others which is the least stressful of these (and why): school, money or social media.

Role C – Money

You think money is the most stressful thing for kids. Tell the others three reasons why. Tell them why their things aren't so stressful. Also, tell the others which is the least stressful of these (and why): parents, school or social media.

Role D – Social media

You think social media is the most stressful thing for kids. Tell the others three reasons why. Tell them why their things aren't so stressful. Also, tell the others which is the least stressful of these (and why): parents, money or school.

Speaking – Kids' stress

Rank these with your partner. Put the most stressful things for kids at the top. Change partners often and share your rankings.

- | | |
|-------------------|----------------|
| • school | • money |
| • parents | • fashion |
| • bullies | • social media |
| • family problems | • world news |

Answers – True False

a	T	b	F	c	F	d	F	e	F	f	T	g	T	h	T
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Answers to Phrase Match and Spelling are in the text.