I. COMPRENSIÓN DE UN TEXTO

Basic Training for Dads

Neil Sinclair has spent six years in the commandos. He has survived winters in Arctic Norway, cleared minefields in Iraq and tracked drug traffickers in the jungles of Belize. But he never felt so panic-stricken as when he faced a howling two-month-old at 3am. He needed a straightforward survival manual, so he wrote one.

"I guess that's when the idea was born," says Sinclair of his sensible and accessible new guide to parenthood, Commando Dad. "When we brought our first child home from the hospital I hadn't the faintest clue what to do. All books we had read were about the birth"

Sinclair, 41, now a father of three, found himself wishing for something that every soldier is given: a basic training manual. "Any soldier will tell you how precious that little book is," he says. "It's a survival guide, basically. It tells you how to do everything you have to do – simply, clearly and concisely. So that was my plan: a book that will tell dads exactly how to bathe a baby, change a nappy, make a bottle, give it. A book that will give them confidence."

Commando Dad offers "a few essential skills, to reduce the stress, and allow you to function". The tone is cod-military, referring to a dad's "mission" and to newborns as BTs (baby troopers)

No one could say he doesn't know what he's talking about. Besides having three children – Samuel, Jude and Liberty – Sinclair, since leaving the army, has worked as a PE teacher, a stay-at-home father (his wife, Tara, is a PR executive) and as a qualified childminder.

There's a website to accompany the book with a forum and a blog, and Sinclair is contributing to sites such as Mumsnet. "There are," he says, "a lot of dads out there. We have to share our tips and experiences. No one ever knows everything. Even the SAS has back up."

Based on John Henley’s article on The Guardian

Vocabulary:
- **panick-stricken**: aterrorizado
- **straightforward**: claro, sencillo.
- **survival**: supervivencia.
- **newborn**: recién nacido.
- **confidence**: confianza.

1. Contesta las preguntas con la información del texto. (2 puntos)

A. Why did Neil Sinclair write his guide?

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B. What makes this book so special?

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2. De acuerdo con el texto, di si las siguientes afirmaciones son **verdaderas (V) o falsas (F)**. (2 puntos)

- Neil felt relaxed when his first son was born. **F**
- The guide is easy to understand. **V**
- Neil doesn’t have any experience with children. **F**
- The guide uses a military vocabulary. **F**

II. GRAMÁTICA Y VOCABULARIO

3. Responde a las siguientes cuestiones: (3 puntos)

A. **Find** in the text the **synonym** for: “BABYSITTER”.


B. **Find** in the text an example of a **passive sentence**.


C. Write a word from the text that matches the following definition:
   ‘An area planted with explosive mines’ (noun).


D. Transform this sentence into the **interrogative**: “He has survived winters in Arctic Norway”.


E. **Find** in the text an example of a **relative sentence**.


F. Write a conditional sentence **type I**.
   Parents…………….. (FIND) great tips if they …………….(READ) Neil’s guide.

III. REDACCIÓN DE UN TEXTO

4. Escribe un texto de entre 40 y 60 palabras sobre uno de los siguientes temas: (3 puntos)

A. How has men’s role within the family changed over the years?

B. Nowadays is more difficult to bring up children. Give reasons.