

## Simplified Speech #202 – Kassy’s big life update (ad free)

### Episode description

In this episode Andrew and Kassy share some exciting personal news as Kassy prepares to welcome her first baby. They talk about how she told her family, the preparations she's making, and her experiences during pregnancy. They also discuss how different cultures announce baby news and the use of social media to share family moments. Join Andrew and Kassy as they celebrate this special time in Kassy's life and help you improve your English skills along the way!

### Fun fact

Did you know that in addition to baby showers, there's a trend called "baby sprinkles"? These are smaller parties for parents having a second or third child. Instead of big gifts, guests usually bring practical items like diapers or clothes.

### Expressions included in the study guide

- To break the news
- To give [someone] a hand
- To freeload
- Adamant
- Off the grid
- The ball is in your court



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## Transcript

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Note: The words and expressions that appear in **bold text** within the transcript are discussed in more detail in the Detailed Explanations section that follows the transcript. The transcript has been edited for clarity.

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**Andrew:** Simplified Speech number 202, "Kassy's big announcement." Featuring Andrew and, you guessed it, Kassy.

All right, and our main topic of conversation for today is going to be a surprise. And I'm not going to reveal the surprise. I'm going to let my co-host do that because this is an episode really that's focused around her. So joining me for today is my co-host, Kassy. Hello, Kassy. How's it going?

**Kassy:** Hey, Andrew, I'm doing very well. Yes, exciting news to share.

**Andrew:** Yeah, you got a big smile on your face. So I think you're looking pretty happy, looking good. And yeah, why don't we get right into it, Kassy? I'll let you do the honors. What's going on? What's the big news that you're going to share with us?

**Kassy:** The big news is that I am just weeks away from having a baby.

**Andrew:** Yeah, weeks away from having a baby. So congratulations. That's such exciting news to you and both your husband and your families as well. I'm sure your folks are really excited.

**Kassy:** My mom and my mother-in-law both cried when they found out. It was super cute.

**Andrew:** Well, maybe we could start there. Maybe I could ask you about how you **broke the news** to your family. That's always interesting. How did that happen?

**Kassy:** Yeah, so we were living in Thailand at the time. I'm back in Korea now. But when we were in Thailand, you know, none of our family's there. So we had to **break the news** virtually.

**Andrew:** OK, like on Zoom or FaceTime?

**Kassy:** Yes, exactly. And we called my husband's parents first. And like, I forget how we started. I think I said, "Oh, hello, grandma and grandpa." And then they're like, "What?" And then his mom was so sweet. She just kept like crying and saying, "Thank you. Thank you. Thank you." He is the second son in his family, but this will be their first grandchild. So they're very excited.

**Andrew:** OK, first grandchild on your husband's side. How about on your parents' side? Do they have any grandkids yet? Or will this be their first grandchild as well?

**Kassy:** Yeah, I am the oldest. So it'll be their first grandchild as well. And my mom was not quite as crazy, but she was also very excited. And she's actually coming to Korea this fall, which I thought would never happen. So I'm excited for that too.

**Andrew:** Wow, she's going to **give you a hand** during the early days, I guess.

**Kassy:** Exactly. Yes, I think she's nervous for the long distance travel. But once she gets here, I think she'll be fine.

**Andrew:** Yeah, well, that's great. Well, I'm glad your family's all stoked and excited. That seems really cool. And actually, I wanted to ask you about this because I don't know when exactly this started happening, but when I was a kid, this culture didn't exist. And now, at least on social media, it seems like it exists in a big way. And that is the gender reveal party. Gender reveal party. So for listeners who don't know, maybe Kassy, you could explain this better than I could probably. What is a gender reveal party or event?

**Kassy:** It's when a couple gets... Actually, sometimes the couple doesn't know and they're getting a surprise as well. Their mother or their sister prepares it for them. Or the couple knows the gender and they want to introduce it to their family in a special way. They get the gender results from the doctor, somebody does, and then they prepare some sort of

fun party to reveal the gender. Maybe through a cake where the cake's outside color is white, but when you cut into it, it's going to be pink or blue, the generic boy and girl colors.

**Andrew:** Stereotypical gender colors.

**Kassy:** Exactly. Or maybe you have a big balloon that you pop it and then little colored confetti pieces come out, something like that.

**Andrew:** And on social media, some of these are really extravagant. People are doing just crazy, wild stuff. And yeah, it seems like it's a big deal for some families these days. How about you? Did you have a gender reveal event when you found out the gender of your baby?

**Kassy:** No, way too much work. I didn't even post anything online. I just on my family group chat, I said, "Hey guys, it's a boy."

**Andrew:** So there you go, listeners. It's a boy.

**Kassy:** It's a boy.

**Andrew:** OK, so a son. Very exciting. And yeah, so you said that you had some plans for how you're going to take care of the baby. You said that you're going to use cloth diapers. So, I mean, I don't know anything about this. Listeners know that I don't have any children. So this is all new to me as well. Kassy, what does it mean using a cloth diaper?

**Kassy:** Yeah, so I'm not working for the next year. I decided to take a year off and then maybe go back to school the next school year. But you know me, I always need a project or a goal of some kind. So I decided to take up cloth diapering, which means instead of the disposable diapers that, you know, you buy and then you use it once and then throw it away. I bought a huge collection of cloth diapers, which are cloth. So that means the baby uses it and then you launder it and then use it again over and over and over. And I did it for several reasons. One, did you know, Andrew? I did not know this because I also knew

nothing about babies before this time period of my life. The average baby in their first year goes through 3,000 diapers.

**Andrew:** Wow, that's a lot of movement.

**Kassy:** That's a lot of trash.

**Andrew:** That's almost like in one year, you said?

**Kassy:** One year.

**Andrew:** Wow, that's almost like eight times a day.

**Kassy:** Yeah, I heard like the first few weeks it's closer to 20 times a day and then it reduces as they get older. Yeah.

**Andrew:** Wow. OK. So yeah, that's a lot of trash actually that you'd have to deal with. OK. And I guess also it's much more affordable, right? Like diapers, I think are a big expense for a lot of families. So.

**Kassy:** Yeah, exactly.

**Andrew:** Having these reusable ones could definitely be more affordable.

**Kassy:** You'd be surprised though. When you climb down the cloth diapering rabbit hole, which I have done, there are whole chat forums and tons of websites with really fancy brands that, you know, just are not necessary. So you could spend a pretty big budget on these things. But I tried to get the happy medium level, the standard level of cloth diapering.

**Andrew:** OK. And you just like wash them in the washing machine or something? Or do you need a special gadget to wash them?

**Kassy:** Yep. You can just wash and dry them. We are going to be staying with my in-laws for at least the next few months, if not the year, until we work at our new school because we don't know where we're moving yet. And we didn't want to like **freeload** on them. So we got them, it was kind of a gift for them and us, but we got them a wash tower. So it's a brand-new washer dryer combo. It's really great. And we got it for them because we'll be imposing on them for several months, but also for us, for my cloth diapering system for the next few months as well.

**Andrew:** That's good. That's very considerate. I think that's nice. So Kassy, maybe you could tell us, you don't have to go into too many details. I mean, you can share as much as you would like or as little as you would like. But I'm curious about like the pregnancy period here. You're right at the end. The baby's coming soon. I've heard in the past that some people play classical music for the baby to try and like increase its IQ points when it's in the womb, in the tummy. I don't know. Have you tried anything like that? Have you read books to the baby? I know you're a big reader. Have you played music for the baby? Have you done anything for the baby or just kind of like, just let it sit in there? I don't know. What's your philosophy and outlook on that?

**Kassy:** No, I haven't really done any of those things. The only thing I've done specifically for him is he has been breech this entire time, which means his head is like up near my rib cage instead of down where it's supposed to be.

**Andrew:** Kind of upside down?

**Kassy:** Yeah. So I've been doing all of these weird stretches where I'm like, my head is down and my legs are up. So I'm upside down to try to get him to flip, which has not been super fun, but it's been interesting. But besides that, no, I'm very excited. I don't really know much about babies, to be fair. I'm very excited for his toddler and, you know, like, five-year-old phase when he can start doing things. But I'm a little nervous about this newborn phase. We're going to see how it goes.

**Andrew:** I'm sure you'll be fine. And yeah, you got a big support network there too with your in-laws and your husband and your mom coming. Yeah, you guys will be fine. You told me earlier too about having a special diet for this pregnancy, how that has been a little bit difficult. Could you share a little bit about why you're on the special diet? Why that's difficult?

**Kassy:** Yeah. So we could have a whole episode on this, but I actually got diagnosed with gestational diabetes in the past month and a half, I guess, which I was so surprised about because diabetes is not a huge thing in my family. I think one family member has it. And then, I don't know, I'm a pretty healthy individual, but apparently this affects lots of different people and it's all because of your placenta and hormones. So it's not really something that you can avoid. But it is something that you can deal with without medicine, which is not what a typical diabetic person can do. So the name is kind of a misnomer because it's more like a glucose intolerance, which means I can't really eat sugar or highly processed carbohydrates anymore. So no cakes, no pancakes, no ice cream. It's been kind of a sad pregnancy, but I'm very healthy.

**Andrew:** Well, that's good that you're healthy. Kassy, let's just rewind a little bit and go back because some of these words are pretty high-level words and not too everyday Englishy, especially the word "Gestational." Gestational. What does that mean? What does gestational mean?

**Kassy:** That is during your pregnancy time when the baby's in the belly.

**Andrew:** Right. So that period of pregnancy is sometimes called gestation or gestational as the adjective. And the disease name is "Diabetes." Diabetes. And there are different kinds of diabetes. What is this disease? Diabetes.

**Kassy:** Yeah, diabetes is when your body can't properly process sugar. I think it's because the pancreas doesn't produce enough insulin. Insulin is used to process sugar in your body. And if it doesn't produce enough, then your body actually starts eating its own fat. And so a lot of elderly people who are diabetic are just skin and bones.

**Andrew:** Yeah, and it can really make you have a difficult time if you're low on insulin or if your blood sugar is too low. Yeah, it can be a really serious issue. And then another word that I heard you use was carbohydrate. Carbohydrate. These are my favorite things in the world. Maybe it's like, yeah, you know, there are the kind of food guys for carbohydrates, where often we just call them carbs, right? Those kind of like foods like you mentioned, Kassy, pasta, bread, bagels, potatoes, rice. Yeah. All of those foods are carbohydrates. So yeah, I imagine that that is really difficult because I love carbs. I eat them often because I'm training really hard for my marathon in the fall these days. So I'm just eating pasta and rice every day. But Kassy, what about you? What have you been eating then if you can't eat any carbs, especially rice in Korea? You got to eat rice.

**Kassy:** I know I eat rice every lunch and dinner. But instead of eating the one adult-sized portion, I have to have the tiny toddler baby-sized portion so that I don't eat too much. But I've been eating so much more protein. And the issue is I'm not a huge meat eater to begin with. I eat it. I don't cook it. I hate cooking meat. So I have had to have my husband or in-laws cook everything for me now because I hate touching raw meat. But I'll eat it. The other issue is that a lot of women in the States, I'm like on a forum for women who also have this, and they all swear by protein bars and protein shakes. And that's just not something that I'm into that has a lot of chemicals and other additives. I like to eat more naturally. So the only way to do that is to increase my meat consumption. I've also bought chia seeds. Never had those before, but apparently they're really high in protein and fiber. So they're a new part of my diet.

**Andrew:** Cool. Chia seeds.

**Kassy:** Yeah. It's been an interesting couple of weeks, but it's not as bad as I thought it would be.

**Andrew:** OK. And then when the baby comes, are you able to go back to just your regular diet or are you going to have to be careful going forward too?

**Kassy:** I think, knock on wood, but that means hopefully this doesn't happen.



**Andrew:** Yeah. Hopefully this doesn't happen. Knock on wood.

**Kassy:** I heard that most moms are fine and they can go back to their normal diet, but you have a higher risk of acquiring type 2 diabetes in the future if you've had this. The difference between type 1 and type 2 is type 1, you're born with diabetes, but type 2 is something that you acquire later in life. But usually it's due to huge amounts of sugar consumption. And if you're overweight, you're more likely to have it. Or if it's, you know, prevalent in your family, none of those things are really true for me. So I think as long as I don't start drinking a dozen Cokes a day, which I've never done in my life, I think I should be fine.

**Andrew:** Should be OK. That's good news. Definitely. Kassy, one other thing that I was curious about that I wanted to ask you is, you know, I'm at the point in my life where many of my friends have young children or are having children and starting families. And it's interesting to see how each family approaches social media. Because some of my friends, they're just like putting their babies all over Instagram. It's like every day there are like 10 Instagram stories of their babies running around and doing the baby stuff. And it's kind of cute to see, you know, like some of my friends have really cute babies and it's a nice way for me to see them grow. And I feel like I know them, even though, you know, they live half a world away in Canada and I can't see them. So it's really nice. I get to see my friends' kids grow up right in front of my own eyes, just on my phone. And then I have other friends who like one of my friends recently posted a picture of like this toddler, maybe like three years old. And this is a friend of mine. But, you know, when you live overseas and especially guys, like we just don't talk to each other that much. So I know if I went back to Canada and I saw that friend, we'd fall right back in line. We'd still be good friends, but we just don't talk in our everyday lives. That's just the kind of friendship that we have.

But anyways, he posted a picture recently and there was a toddler in the picture. And I realized, oh, that's his kid. Like he had a kid a couple of years ago and I didn't even know it's because he had like no social media presence for his baby. And then other friends I have, they'll post pictures and Instagram stories of their kids, but never the kid's face. Like

you only see it from the back so you can see the back of the kid's head while they're playing or something like that, but never directly face on. And I know this is like kind of a controversial issue because essentially parents sometimes when they do post a lot of content about their kid, right? It's not like getting the child's permission to do that. And so it's ethically a little bit vague, right? Where do the rights of the parents end and the rights of the child start? And I don't know. What's your outlook on that? I know you're not a big social media person anyway, so I kind of predict what your answer is going to be, but I'm sure you have some thoughts about this at least.

**Kassy:** Yeah, I don't think I'll post too much. I'll probably post maybe one or two pictures online for friends and family that aren't super close or connected, but, you know, I want to give them an announcement. But overall, I have two family chats, one for my Korean family and one for my family in the US. And we are constantly posting pictures of our family members through there, and only we can see it and share it. And those are the people that I want to see the pictures the most anyway. So yes, I think I'll probably focus mostly on our family chats, but maybe send the occasional once a year picture. I don't think I'll be that person who, I think they're so cute, but I just don't have the energy to do it or the creativity. But I love those pictures you see online of the cute little babies in their awesome outfits with, like, flowers decorated around that says, I'm three months old now or something like that. Have you seen those?

**Andrew:** Yeah even, I think my cousin does this with her kids. She did it, yeah, right from the very start. So it's like, yeah, I'm one month old, I'm two months old. And now they're in grade three or grade four. So it's like, I'm going into grade three, I'm going into grade four. So yeah, it's cool. I imagine that she has an album for her kid as well, right? And you could flip through that album and see it month by month when they're smaller, and then year by year once they get a little bit older. So I'm sure once she graduates high school and has that whole album filled up, that'll be really special.

**Kassy:** That is one thing that our family is really good about because I have a lot of younger cousins. My mom is a lot older than my other aunts. So my youngest cousin is

seven, a big age gap, right? But what our family has been doing for several years is one, creating a yearly calendar that has pictures of family vacations from the previous year. So there's just constant memories being added. And then we also have books that we've made, not like photo albums, because that's in the past where you, they are photo albums, but they're like the modern day ones where you don't go and get your photos printed. You just make the books online and then they print the books for you. So it's just like a hardcover book full of pictures.

**Andrew:** Yeah, I just made one of those actually yesterday. My mom's birthday is coming up. And I thought I could like make a photo album with some photos that she hasn't seen. And yeah, so yeah, technically it's not a photo album, right? It's like a photo book. You can print it. Well, you don't print it. The printer will print it for you based on your style. And there's so many options for customizing these things. I was really shocked. And I mean, I'll have to see what the quality is like, but it was very affordable. I was like a new customer. They gave me a 40% off new customer coupon. In your experience, the quality has been good with them?

**Kassy:** Yeah, I have several books already from like intense family vacations where we went abroad or for my wedding ceremony. I have a book, both Korea and the U.S. ceremonies. Yeah. And then I also made one for my husband when we were dating. It was super cute. But we already have one in the works for our baby. Here, I can show you. Maybe I'll send you a picture so you can show the listeners. But we have this little octopus guy. Yeah, he actually flips from between happy and sad. But we got him in Thailand.

**Andrew:** For listeners who are just listening, I'll explain. It's like a little plush toy, right? A little plush octopus toy. And you can flip it upside down. And one side is happy and one side is sad.

**Kassy:** Exactly. And yeah, I'll send you a picture of this so you can put it on the thing maybe.

**Andrew:** On the Instagram.

**Kassy:** Yeah.

**Andrew:** On the Discord.

**Kassy:** Yeah. But yeah, we took pictures during our gestational time. So when the baby has been in my belly growing, we've taken pictures with all of our closest friends in our favorite spots in Thailand and in the U.S. with family members and here in Korea. And I'm planning to take all of those pictures and put them into a book. And then when he's older, he can look at the pictures and then point at the little octopus hiding in each picture. So it'll be a fun little interactive experience for him.

**Andrew:** Yeah, sounds really cute. I love that. Kassy, we'll wrap things up here in just a moment. But before I let you go, I just thought of an interesting line of questions that I have to ask you about. And that is some of the differences between the cultures of being pregnant in Western culture versus Korean culture. Because there are, I mean, I'm not an expert about this, but just from watching TV and stuff, I've learned that there are some kind of unique Korean pregnancy traditions that we don't have in the West. And the first one that I'm thinking of is the pregnancy dream. A lot of Korean women say that they have a dream. And after that dream, they know that they're pregnant. They know that the baby is coming. Did you have a pregnancy dream?

**Kassy:** No, I did not.

**Andrew:** Isn't that so interesting? Like, and even if I asked my mother-in-law, she can tell me about the pregnancy dream that she had for both of her kids. Yeah.

**Kassy:** Really? I wonder if it's actually a thing or you just manifest it yourself because everybody says it's a thing in this country. It's interesting.

**Andrew:** Yeah, I don't know. It's very interesting. So no pregnancy dream. The second tradition that I think is really common in Korea, and maybe people do this in the West as

well, wouldn't surprise me, but they give the baby a nickname while it's in the womb. And usually it's like a cute nickname, like maybe little squid or something.

**Kassy:** Yeah, or Bean. My aunt's called her kids Bean.

**Andrew:** Yeah, Bean. Did you give the baby a nickname?

**Kassy:** No, we were actually kind of unique. I don't think a lot of people do this. We had a name picked out, whether it was a boy or a girl, for a while. And so we just called him that, which I don't think most people do, just in case he doesn't look like that name. But ours, when he comes out, it's going to happen.

**Andrew:** OK, so this is not a very Korean pregnancy. No Korean dream, no nickname. What about the name itself? And I think it's better if we don't share the baby's name just to keep it private. But I know that, yeah, in Korean culture, many families will give the naming task to the grandpa. Grandpa will choose the name often. Or if that doesn't work, sometimes they will go to like a fortune teller and the fortune teller will choose a name based on some good vibes that they're feeling. And for intercultural couples like you and your husband, sometimes they want to try and find a name that works in the two cultures. So maybe you'll try and find a name that's easy to pronounce in English and easy to pronounce in Korean. And sometimes, yeah, that can be a challenge. But there are some names that are easy to pronounce in both languages. And yeah, they try and find that middle ground for the name. What about you guys? Did you try any of these or did grandpa give the name? How did you choose the name?

**Kassy:** I had names that I had picked out since I'd read a book in, I don't know, middle school or high school that I just loved the names. They're very classic. They've been around in English speaking countries for hundreds of years. And I don't think they really go out of style. So no, I was very **adamant**. I wanted these names. I don't... You mentioned how grandparents pick names. But a lot of times in Korea, they have a list. And based on where you fall in the generations, you have a character that you're supposed to use. So for example, my husband's character is Dong. So every single cousin, male son in that line,

like brother and cousins, all have the character Dong. But the character that we were supposed to use, I didn't like it very much. So I quickly vetoed that. But we picked a name that is different in English and Korean, but similar.

**Andrew:** OK. So it kind of works in both languages. Very good. Well, Kassy, congratulations on the baby. I'm sure that is very exciting. And yeah, we just wanted to tell our listeners, everybody, what's going on, because I think you will take a little bit of mat leave, which we call it in English. What is mat leave, by the way? Maybe you could explain that just finally before we wrap up.

**Kassy:** Maternity leave, which means that, you know, you stop working for a while, you **go off the grid**, you don't talk to anyone, and you're just in baby mode.

**Andrew:** I don't know if you necessarily don't talk to anyone.

**Kassy:** You try not to think about work.

**Andrew:** Right, right. Just taking a break from work so that you can focus on your family and raising the baby, these kinds of things. So we're going to give Kassy some mat leave, and Kassy, we'll put it, **the ball's in your court**, OK? When you're ready to come back, just let us know, and we'll get back here on Simplified Speech. But for the... at least for the near future, guys, Kassy will be taking a break, focusing on the family and raising your baby. And Kassy, when the baby does come, maybe give us an update, and we'll share the news with all of our listeners as well.

**Kassy:** Sounds good.

**Andrew:** All right. Thanks, Kassy. Take care. Good luck with everything.

**Kassy:** Thanks, Andrew. And thank you, listeners. I'll miss you.

**Andrew:** Well, that's going to bring us to the end of today's episode, everyone. I hope you enjoyed hearing and learning all about Kassy's big life updates and the new baby on the

way. I'm sure you'll join me in wishing Kassy all the best with what's coming up for her and her growing family. Thank you again for listening. Please take care as always, and happy English learning. I'll be back soon with another brand-new Culips episode, and I'll talk to you then. Goodbye.

That brings us to the end of this lesson. Talk to you next time. Bye. Bye.

## Detailed Explanations

### To break the news

#### Idiom

The phrase "**to break the news**" is commonly used when someone shares important or surprising information, especially news that can lead to strong feelings, such as joy or sadness. In the episode, Andrew asks Kassy how she **broke the news** about her pregnancy to her family.

To "**break the news**" means to inform someone about something important. This could be good news, like sharing a pregnancy announcement, or bad news, like letting someone know about an illness. The phrase suggests that the information is meaningful and significant to the people involved. For instance, you might **break the news** about a new job or a major life change.

You can think of "**breaking the news**" as a way to announce or reveal something significant. Here are a couple of example sentences: "I have to **break the news** to my friends that I'm moving," or "She **broke the news** about her promotion at work."

Some synonyms for "**break the news**" are "announce" or "inform." Be careful with the context; it's often used for news that can be emotional.

Here are a couple more examples with **to break the news**:

**Sophie:** We're getting married! I'm so excited. I'm going to call my mom.

**Mark:** Are you sure? Maybe we should **break the news** in person?

**Sophie:** I agree! My mom is going to be so excited, but my dad might need some time to process it.

**Rachel:** Have you told your friends about losing your job?

**Tom:** Not yet. I'm really nervous about **breaking the news**.

**Rachel:** That's understandable, but I'm sure they'll want to support you.

**Tom:** I know, but it's just hard to tell them. I feel so embarrassed.



## To give [someone] a hand Idiom

The phrase "**to give a hand**" means to help someone. In the episode, Kassy mentions that her mom will be visiting her in Korea soon, and Andrew says that she'll "**give her a hand**" when the baby arrives. This means her mom will help her out during that time.

When you say someone will "**give a hand**," it means they will provide assistance or support with something important. This could be helping with chores, taking care of a baby, or just offering emotional support during challenging times. For example, you might say, "Can you **give me a hand** with my homework?" or "She **gave him a hand** when he moved to a new house."

You can remember "**give a hand**" by thinking of extending your hand to help someone. Here are a couple of example sentences: "My friend **gave me a hand** with my project," or "I need someone to **give me a hand** in the kitchen."

Similar phrases include "lend a hand" and "pitch in," which also mean to join in and help with a task. You can also say "offer a hand" to mean the same thing.

Be careful: the phrase "**to give a hand**" can also mean to applaud or show approval. For example, someone might say, "Let's **give her a hand** for her amazing speech!"

Here are a couple more examples with **to give [someone] a hand**:

**Jane:** I need to clear some space in the living room. Can you **give me a hand** with these boxes? I can't lift them all by myself.

**Luke:** Sure! Let me help you carry them to the garage. You can take the smaller ones, and I'll take care of that big one.

**Jane:** Thanks!

**Teresa:** I have a big presentation tomorrow, and I'm feeling nervous. I have to present to the whole team, and I want it to be perfect.

**Alex:** No problem! I can **give you a hand** with your slides if you'd like. Let's go over them together and make sure everything looks good.

**Teresa:** That'd be great!

## To freeload

Verb, informal

The phrase "**to freeload**" means to get things or services from others without giving anything back. In the episode, Kassy talks about not wanting **to freeload** on her in-laws while she and her husband are staying with them. This means she doesn't want to take advantage of their kindness without offering something in return.

When you say someone is **freeloading**, it usually implies that they are living off others or using their resources without contributing. For example, if a friend always eats at your house but never invites you over, they might be **freeloading**. Kassy and her husband want to make sure they help their in-laws by giving them a gift so they don't feel like they're just taking advantage of their hospitality.

You can remember the verb "**freeload**" by thinking of it as getting something for free without paying or helping. Here are some example sentences: "He always **freeloads** off his friends when they go out to eat," or "I don't want to **freeload**; I want to help with the groceries."

Similar expressions include "mooch off" and "sponging off," both of which also mean to take advantage of others without giving back. You might say, "Stop mooching off your parents and start paying for your own things."

Be careful using "**freeload**" because it can have a negative and judgmental meaning. It's often used to describe someone who takes too much without helping.

Here are a couple more examples with **to freeload**:

**Simon:** Did you see Max's reaction when we asked about his part of the project?

**Emma:** Yeah! He looked surprised. It's like he thought he could just **freeload** and not do any work while we all put in effort.

**Simone:** Exactly! We need to make it clear that everyone has to contribute equally.

**Ella:** How's your new roommate?

**Mike:** Not great. He tends to **freeload** off my food. I buy groceries, and he eats everything without asking.

**Ella:** That's frustrating! You should talk to him about sharing costs.

## Adamant Adjective

The word "**adamant**" describes someone who is very firm and strong about their opinions or decisions. In the episode, Andrew asks Kassy how she chose her baby's name, and she replies that she was very **adamant** about the names she wanted. This means she really believed in her choice and did not want to change it, even if others had different ideas.

When someone is **adamant**, they do not easily change their mind. For example, if a friend is **adamant** about going to a certain restaurant, it means they really want to go there and will not consider other options. You can remember this word by thinking of it as being like a strong rock that does not move easily.

Here are a couple of example sentences: "She was **adamant** that she would finish her project on time," or "He was **adamant** about not wanting any help."

A similar expression is "set in your ways", which you can use to describe someone who does not change their opinions easily.

Just a note: while "**adamant**" is often used for strong opinions, be careful when using it, as it can sound a bit harsh if used in the wrong context.

Here are a couple more examples with **adamant**:

**Eva:** Where are you two going on your honeymoon?

**Rick:** I wanted to go to Asia, but Daisy is really **adamant** about going to Rome. She's always wanted to see the Colosseum!

**Eva:** Rome sounds amazing! You're going to have a great time!

**Jake:** So, what's the latest on your car shopping? Have you guys made any decisions?

**Samantha:** Well, my husband's **adamant** that we should get a hybrid. He really believes it's better for the environment and wants to reduce our carbon footprint.

**Jake:** That's a good choice! Plus, hybrids can help you save a lot on gas money.

## Off the grid Expression

The phrase "**off the grid**" means to disconnect from everyday life, usually to take a break from work, social media, or other responsibilities. In the episode, Kassy uses this expression when talking about how she'll **go off the grid** during her maternity leave. This means she will take time away from work and not communicate much while she focuses on her new baby.

When someone goes **off the grid**, they step away from normal activities and routines. This could mean not using phones, computers, or even not being in contact with friends and family. For example, you might say, "I'm **going off the grid** for the weekend to relax," or "After her surgery, she **went off the grid** for a while."

You can remember this expression by thinking of being outside of the usual lines of communication, like a map without connections. Here are a couple of example sentences: "He decided to **go off the grid** while hiking in the mountains," or "During the retreat, we **were all off the grid**, without our phones."

Similar expressions include "disconnect" or "take a break," which also mean stepping away from usual activities. You might also hear "unplug," which means to turn off devices and take time away from technology.

Here are a couple more examples with **off the grid**:

**Anna:** What are you doing for your summer vacation?

**David:** I'm heading to a cabin in the woods. It's totally **off the grid**.

**Anna:** Sounds perfect! No distractions at all. Enjoy!

**Sam:** Hey, I was wondering why you haven't been online lately. It feels like ages since we last chatted!

**Tina:** I **went off the grid** for a while to focus on my writing.

**Sam:** I see! Well, I've missed you!

## The ball is in your court

Idiom

The idiom "**the ball is in your court**" means that it is now someone else's turn to take action or make a decision. Towards the end of the episode, Andrew uses this expression to tell Kassy that she can decide when to return to work after her maternity leave. This shows that Kassy has the power to choose what to do next.

When you say "**the ball is in your court**," it means that the other person has responsibility for what happens next. For example, if someone asks you to make plans for a meeting, you could say, "**The ball is in your court**; you can choose the time." This phrase is often used when one person is waiting for another to respond or take the next step.

The origin of this phrase comes from tennis. In tennis, when the ball is hit to your side of the court, it is your turn to play. You must decide how to hit it back. You can remember this expression using this visual.

Here are a couple of example sentences: "I sent my application; now **the ball is in their court**," or "I told him my decision, so **the ball is in his court** now."

Similar expressions include "it's up to you," which also means someone has the power to decide, and "the decision is yours." Both phrases mean that someone else is responsible for the next step.

Here are a couple more examples with **the ball is in your court**:

**Olivia:** I applied to two universities, and they both accepted me!

**Ben:** That's fantastic! Which one are you going to choose?

**Olivia:** I'm not sure. I like both, but they have different programs.

**Jake:** It sounds like a tough choice. **The ball is in your court** now! Take your time to decide which one feels right for you.

**Alice:** I discussed the partnership details with our potential partner.

**Bob:** Great! Did they agree on the terms?

**Alice:** They need to review everything first. So, **the ball is in their court**.

## Expressions quiz

**1. When someone says they need “to break the news,” what do they mean?**

- a) They need to share exciting information.
- b) They need to keep something secret.
- c) They need to buy a newspaper.
- d) They need to ignore bad news.

**2. If someone is “freeloading” at a party, what are they doing?**

- a) Bringing food to share.
- b) Helping clean up.
- c) Eating and drinking without contributing.
- d) Are leaving early.

**3. When you feel “adamant” about a choice, what do you feel?**

- a) Determined.
- b) Uncertain.
- c) Indifferent.
- d) Open to suggestions.

**4. True or false? When someone goes off the grid, it means they spend a lot of time online.**

- a) True.
- b) False.

**5. Which of the following situations would be appropriate for using the phrase “The ball is in your court”?**

- a) You need someone’s help.
- b) You misunderstood someone.
- c) You want to congratulate someone.
- d) You say to someone that they need to make the next move.

## Comprehension quiz

6. What exciting news does Kassy share with Andrew?
7. Did Kassy have a gender reveal event?
8. How many diapers does an average baby go through in their first year?
9. What special diet has Kassy been following during her pregnancy?
10. How does Kassy feel about using social media to share her baby's pictures?

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## Writing and Discussion Questions

1. What are some traditions in your culture related to welcoming a newborn or celebrating pregnancy? What do you think of traditions like baby shower or gender reveal parties? How do you feel about people sharing their baby's photos online?
2. Have you ever had to **break the news** about a significant life event to your family or friends? How did you approach it, and what was their reaction?
3. In what ways do grandparents or extended family members contribute to parenting in your culture? How do they **give** parents **a hand**?
4. Do you think it's acceptable to **freeload** off family or friends during difficult times? Why or why not? Have you ever felt this way?
5. Do you think it's possible to live **off the grid** in today's society? What are the pros and cons? Would you ever consider trying to do that?



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## Quiz Answers

1.a    2.c    3.a    4.b    5.d

6. Kassy is expecting her first baby.

7. No, she simply informed her family through a group chat.

8. About 3,000 diapers.

9. A diet for gestational diabetes, avoiding sugar and highly processed carbohydrates.

10. She prefers to share pictures with close family rather than posting extensively on social media.

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### Episode credits

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