

6 Choose the correct phrasal verbs to complete the text.

I never really felt at home until we became parents.

I used to travel a lot for work and fun, but I had to ¹**settle down** / **catch up** when our first baby was born. At first, I was very worried and ²**caught up** / **checked on** the baby all the time. But soon we ³**figured out** / **got rid of** how to manage our new routines. Sometimes in the morning we have to ⁴**hurry up** / **settle down**, so we are not late. Although we are very busy, we always set aside time at the end of the day to ⁵**catch up** / **check on**. Now that our children are a little older, we can ⁶**hurry up** / **get rid of** the baby things.