

Teach your children well.

Children are natural born learners and they will discover a lot of what they need to know on their own. Before going to school, some of the skills most children should learn are:

- crawl, stand, walk, run
- zip their coat, fasten their shoes
- dress themselves
- do simple chores like setting the table and picking up their toys
- use the potty, wash their hands, brush their teeth
- work by themselves on projects like puzzles, making a picture, or playing with blocks
- know the letters of the alphabet and basic colors
- count to ten

You can help your child learn these and other basic life skills. One of the best ways to teach them is a simple four-step method called the B.E.S.T. Way.

B - Break the skill into baby steps.

E - Explain and show how to do it.

S - Stand by to help while the child tries.

T - Tell them what they're doing right.

Once your child gets a step right, move to the next step and repeat the BEST Way until they can do it "all by myself!"