

TO PARENTS

You are your child's first and most important teacher. Each day your child is learning new skills and vocabulary as you talk, play, work, and watch television together.

This is a handbook of ideas and suggestions to help you teach your 4- to 6-year-old child. It is a brief guide to basic skills such as controlling large and small muscles, understanding words and numbers, and developing responsible independent behavior. It includes safety rules and suggestions for saying "No" to strangers and to uncomfortable body touches.

The ideas in this book will help you participate in and enjoy your child's growth and learning experiences. The activities you share will help your child become a confident, independent person.

The most valuable outcome of your time together is the development of a trusting relationship between you and your child, so that you continue to be your child's best teacher.



TEACH YOUR CHILD TO USE AND CONTROL THE LARGE MUSCLES IN ARMS AND LEGS.

Having control of the large muscles helps your child enjoy many physical activities, such as running, bike riding, swimming, and skating.

Help your child learn to jump.

- Have your child jump over an object with both feet together. Use a piece of rope or a stick.
- Have your child jump over an object on one foot.

