

as baby soap to wash.

5. YOU CAN RINSE OFF YOUR PENIE (or poom if you are a little girl), then soap it up & rinse again thoroughly by splashing. Little boys, be sure to gently pull back your foreskin as far as it can go, maybe a little bit further each time you wash & rinse real well while the skin is back. This is very important to keep clean inside there. When you are all done on the bidet, you can pull the little plug & watch the water go blurr, blurr, blurr down the hole, then step off the bidet & rub your skin dry with your own small bidet towel. You can keep it hung at a low level near the toilet on your own little hook, if labeled. Now, rinse out the bidet & set it up or hang it up on the wall to drain & dry. There! All done! Now your bottom is nice & clean. Let's go brush teeth!

6. "HERE WE ARE! Step up on this strong brown box so you can see yourself right in the mirror.--And there's your toothbrush standing up on end in the little plastic cup right here on the sink. Now, let's apply just a little tiny dab of toothpaste. Wet your brush & get to work, scrubbing your teeth on all sides--inside & outside

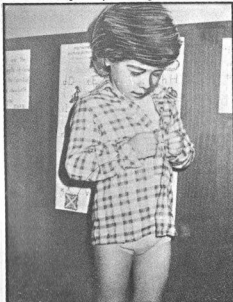


--in a round, round round motion, like this! Watch me! Now, the back teeth, now the insides, now the upper teeth, there! Every tooth & all your pink gums & even your tongue need a little brushing. Good! All done?

7. NOW BEND OVER, spit it down the drainhole & rinse your mouth thoroughly, 2 or 3 times with clean water. Take a look in the mirror, all clean! Okay, shake out your brush & set it up on end to dry. There's your hand-towel hanging in your reach so you can dry your hands thoroughly & pull down your sleeves again. Here we go! Off to get dressed. PIL!"

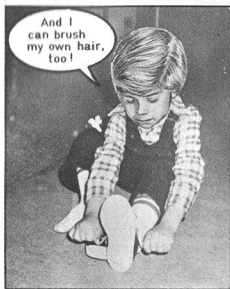
8. NOW DAVIDITO CHOOSES HIS OWN PAIR OF FRESH UNDERPANTS from a low shelf in the closet. Now, unless he has just had a bath & chooses out fresh, clean clothes, I take the clothes he has hung out the night before on the back of a chair, the undershirt, pants, shirt & socks that he wore the previous day. He likes to lay his T-shirt down, tummy first, on his bed, then insert his arms in from the bottom & last of all pull it over his head, then it's on!

9. NEXT HIS SHIRT, which he can finally put on himself after lots of practice. It may help to begin buttoning



your shirt at the bottom button first, it's easier that way to even up the button with the matching hole. (Now relax, Mommies, it usually takes a little while for a 3-year-old to dress himself, so put on a Scripture or music tape & be sure & aide him in getting dressed if he asks you for help.)

10. "OK, NOW YOU'VE GOT YOUR PANTS ON, so socks are next. Good boy! You did it first try because you pointed your toes & held the socks right at the top. You want to wear your tennies to-day? OK. You tie them as far as you can get for yourself & then I'll help you, if you want me to, on tying the



bow. OK? Tell me if you notice those shoestrings get dirty or muddy & we'll exchange them for some new ones while we wash these, OK? Thanks David!"

11. "YOU'RE A BIG ENOUGH BOY NOW, DAVID. TO GET YOUR OWN GLASS & SPOON & PLASTIC BOWL OUT OF THE CUPBOARD. Why don't you pour your cold milk & I'll set out the other ingredients for your health cereal: Wheatgerm, yeast, molasses, dry wheat cereal biscuits, & maybe a few nuts or raisins or a banana. Now, climb into your seat." (An added stool or cushion in a chair raises the child's height at the table & makes it much easier for him to eat. --Now the poor thing doesn't have to eat with his bowl right under his



nose!)

12. "NOW, YOUR HANDS ARE CLEAN, SO STIR IT UP & LET'S PRAY. Don't let me forget to give you your vitamins.--And here, you can tear this paper napkin in half along the dotted line so it will tear evenly--half for you & half for me. Thank you!" Children, you can learn what good vitamins & minerals are in your foods if you ask questions of the adults around you at mealtimes. It's fun! Don't forget to rinse your mouth with lukewarm water several times after eating. Wash your hands after your meal & help clear the table if possible. God bless you!



13. A good, healthy breakfast makes a Mighty Man of David!

14. AFTER DEVOTIONS, Scripture memory