最好 (zuìhǎo) means "best." But it can also be used to mean "it would be best to" or "had better." It is often used when giving advice to someone or even politely making demands.

**Subj. + 最好 + verb.**

* You'd better get some rest.
* It's pretty cold outside. You’d better to wear more clothes.

**Subj. + 最好 + 不要 + verb**

* You are only 14. It's best not to drink alcohol.
* It's raining. It's the best to go home now.
* You’d better not to cheat in the Chinese test.

对

When using 对 (duì) as a preposition, it means "to" or "towards" an object or target.

**Subj. + 对 + Person + Verb**

* The baby smiled at me.
* The dog is barking at you.
* Don’t be angry with me
* The doctor told me, “You’d better rest for a day at home. “