



AFGHANISTAN-PAKISTAN
WOMEN'S ECONOMIC EMPOWERMENT

Mothers as Changemakers

A mother is not only a caregiver—she is a changemaker, shaping how her children will impact the world.



Teach Respect for Women & Girls

- Raise children who treat women and girls with respect, fairness, and kindness. Teach them to support, encourage, and value women and girls as important members of society. Model this behavior in your own actions and relationships.



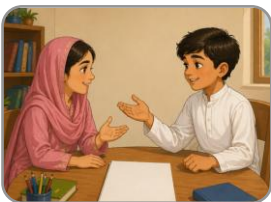
Teach Cleanliness & Recycling

- Teach children how to care for their environment. Show them how to make their bed, clean their room, do laundry, fold clothes, wash dishes, and more. Teach them to clean up after eating, playing, and working. Teach them to recycle paper, cardboard, plastic, bottles, cans, and other recyclables. Teach them proper waste disposal.



Teach Anger Management

- Help children learn how to manage anger in healthy ways. Encourage them to pause, stay calm, and walk away, when needed. They can sit, lie down, or take a nap. Physical movement, quiet time, or speaking with someone they trust can help them reset. Ablution (Wuḍu) can also bring calm and clarity.



Teach Conflict Resolution

- Show children how to listen actively and understand others. Help them find common ground, think through solutions, and focus on solving problems rather than complaining. Teach them how to compromise without giving up their core values. Show them how to follow-through on their word and commitments. Encourage them to think ahead: How can this situation be prevented from reoccurring in the future?