



AFGHANISTAN-PAKISTAN
WOMEN'S ECONOMIC EMPOWERMENT

Mothers as Teachers

A mother is not only a caregiver—she is also a teacher of her children and the next generation.



You are a Role Model

- Children learn by observing and imitating the adults around them, so every moment in their presence is an opportunity to teach. Choose your words carefully and model ideal behavior.



Stay Calm & Patient

- Working with children can be challenging, but your composure sets the tone for their learning environment. Learning begins in a safe and valued environment where children feel respected and secure to participate without fear of judgment, ridicule, or punishment.



Teaching Moments

- Look out for teaching moments and seize them. When your child is curious, that's a teaching moment. When your child gives his or her full attention to you or something, that's a teaching moment. Even bedtime can be a meaningful moment for learning.



Tell Stories

- Stories are powerful tools for teaching and help children understand and remember important lessons. Practice story-telling. It's an effective method of teaching.



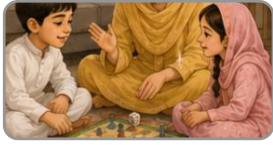
Repeat. Repeat. Repeat.

- There is power in repetition. Never get tired of repeating a lesson. Reinforcing lessons helps them stay in children's minds over time.



Teach Languages

- Children learn languages effortlessly. Teach them your mother tongue. Only speak your mother tongue at home. Do not respond to your children unless they speak with you in their mother tongue. Also, teach them the language of your faith: If you are Muslim, teach them Arabic.



Play & Have Fun

- Children learn through play. Integrate education, knowledge, and lessons into playtime. Make learning fun. Gamify lessons by turning them into activities where children can earn points or rewards.



Learn by Doing

- Give children opportunities to complete tasks and work on projects independently with your guidance and supervision. Allow them to make mistakes. Failing is part of the learning process, but teach them to learn quickly from their mistakes, try again, and do things differently. Also, encourage them to learn from the mistakes of others.



Step-by-Step

- Show children what to do step-by-step. Break each lesson into small, manageable parts so they can understand and apply what they learn. Avoid overwhelming them with too much information. Focus on one or two lessons per day, gradually increasing the number of lessons as they develop.



Hands-on Activities

- Incorporate hands-on activities that engage as many senses as possible—seeing, hearing, touching, smelling, and tasting. For example, when cooking together, measuring ingredients teaches math skills.



Field Trips

- Extend learning beyond the home. Go on field trips. Travel is knowledge. Explore nature. Turn everyday errands into teaching moments. Let children practice real-world skills like paying for groceries and speaking with employees.



Be Creative

- Perform, act, role-play, sing, dance, and tell age-appropriate jokes. Engaging children through creativity captures their attention immediately and makes learning enjoyable and memorable.



Be Responsive

- When children ask questions, answer them or let them know you will find the answer and get back to them. Close the loop and follow through on your words and commitments to children.



Ask Questions

- Create space for dialogue. Ask questions, listen actively, and engage with your children's thoughts, feelings, and understanding of new knowledge they have acquired.



Assessment

- After each lesson, give children a pop quiz or offer a simple way to apply or reflect on what they've learned. If they pass the test, then move on to the next lesson or subject. If they do not, repeat the lesson. Repetition strengthens mastery.