

HOME, MOTIVATION AND SELF-ESTEEM

INTRODUCTION: A person needs self-confidence in order to achieve a productive and successful life. Parents and teachers share the very important responsibility of building a child's self-esteem.

QUESTIONS FOR REFLECTION:

- How does a person with self-confidence behave?
- What is the difference between a person with high self-esteem and one who has a negative self-concept?
- What positive or negative messages did we receive at home and at school when we were children?

WHAT IS SELF-ESTEEM?

Self-esteem is the concept we have of ourselves, the image that we form of ourselves. When we are confident about our gifts and abilities, we have a high self-esteem. On the other hand, when we question our gifts and capabilities, we become insecure and have low self-esteem.



Children believe our messages. When we encourage and respect them, they gain confidence within themselves.

SELF-ESTEEM IS LEARNED

The self-image a child develops in his or her first seven years is likely to last a lifetime. In these initial years, the child's first teacher and his/her parents have the greatest influence on whether he or she becomes self-confident or insecure. This is a very important responsibility. Approval or disapproval by parents and teachers defines the child's self-image and feelings of self-worth. Through positive messages and encouragement, parents and teachers can help a child develop self-confidence and a positive self-image, one that will increase his/her prospect for future success.

HOW TO HELP OUR CHILDREN DEVELOP A HIGH SELF-ESTEEM

Every parent would like their child to succeed in life and to be happy. In order to accomplish this, we need to help him or her have self-confidence. Let us explore some guidelines (Reifler Associates, 1987, pp. 27-29).

Let's help them develop their:

- ☺ **Sense of Belonging**
Children need to feel that they belong to a group that provides unconditional acceptance and love. The family should be this place of security in which the child can "feel at home."
- ☺ **Sense of Being UNIQUE and SPECIAL**
It is necessary for each child to feel appreciated as an individual and not be compared, or pressured to imitate or "learn" from anyone else ("...You should learn from your little sister.").
- ☺ **Sense of Power**
In order for a child to gain self-confidence, he or she must learn to take risks. A child needs the opportunity to make mistakes without being punished for them. A family and school environment which encourages children to take risks and to learn from their mistakes builds their self-confidence.
- ☺ **Sense of Purpose in life**
When we help children set goals, and they work towards meeting them, we are giving them a tool for success. Having goals and establishing priorities build an individual's self-image and sense of direction.
- ☺ **Sense of Ability**
If we recognize our children's small accomplishments and applaud their efforts, they will learn at a very early age that they are capable and won't be afraid to try new things.
- ☺ **Sense of Joy**
To enjoy life is something that a child learns from his or her parents. It is recommended to make time to have fun as a family.



The family should be a place where the child feels secure, accepted, and loved.

- ☺ **Sense of Curiosity**
Children are naturally curious. If we, as parents, foster this curiosity, it will be easier for them to be inquisitive and become interested in the world around them.
- ☺ **Sense of Integrity**
A person who respects himself or herself knows how to respect others. When children live in an environment of respect, their self-esteem is high. They see themselves as worthy of love. This is the shield that will protect them from getting involved in negative activities such as drugs, gangs and violence.

COMMON ERRORS

In our eagerness to guide our children, we sometimes do or say things that keep them from trusting their own abilities. These are only a few examples of these “well intended” behaviors:

- Do something for them, when they are capable of doing it on their own. For example, tie their shoe laces at the age of seven.
- Spank or punish them when they make a mistake. For example, spank them when they spill milk by accident.
- Use other children as examples so they can “learn” from them.
- Make them feel guilty for the sacrifices we have made for them.
- Laugh at their “dreams” when they share them with us.

WHEN CHILDREN HAVE A LOW SELF-ESTEEM AT SCHOOL...

- They see themselves as being dumb or unintelligent.
- They don't want to participate in activities where they can make a mistake.
- They try to get attention in a negative way.
- They mistrust their teacher and the rest of the students.
- They seek friendships in children who also have a low self-esteem.
- They show apathy towards homework. Parents interpret this as “laziness”, when in reality they're afraid of failure.
- In some cases the shyness that is present at the beginning of the school year turns into defiance toward the school authorities.



Children who are always criticized learn to undervalue themselves.

How to Practice These Ideas...

IDEAS TO FOSTER A POSITIVE SELF-ESTEEM IN YOUR CHILDREN

- Admit in front of them when you make a mistake.
- Encourage them to see their own mistakes as learning experiences.
- Provide your children with activities in which they may experience success.
- Let them feel, at an early age, that they have a right to make certain decisions.
- Let them know that you are proud of them.
- Focus on their qualities, not their faults.
- Respect their opinions and ideas.



REMEMBER:

Children Learn What They Live....

***Appreciate Them and They Will Learn
To Appreciate Themselves!***

Materials based on the Parent Institute for Quality Education Program in California

ဟံဉ်ဃီ,
တၢ်မၤသ့ဉ်ဆူဉ်သးဂၤတၢ်ဒီး
တၢ်န့ဉ်န့ဉ်ဟံဉ်ကလီၤသး

တၢ်ကတိၤလၢညါ- ပုၤကညိတဂၤလိဉ်ဘဉ်တၢ်န့ဉ်န့ဉ်လီၤသးလၢကအိဉ်မူတၢ်အိဉ်မူလၢအလၢပုၤဒီးအသ့အသးဒီးမၤန့ၤတၢ်အဂီၢ်န့ဉ်လီၤ. မိၢ်ပၢ်ဒီးသရဉ်သမၤတဖဉ်အိဉ်ဒီးမူဒါလၢအရူဒိဉ်မးလၢကသ့ဉ်ထီဉ်န့ဉ်ဖိသဉ်တဂၤအတၢ်န့ဉ်န့ဉ်ဟံဉ်ကလီၤသးအဂီၢ်န့ဉ်လီၤ.

တၢ်သံကွၢ်လၢကစီဆၢက့ၤတၢ်အဂီၢ် -

- ပုၤတဂၤလၢအအိဉ်ဒီးတၢ်န့ဉ်န့ဉ်ဟံဉ်ကလီၤသးန့ဉ်ဟံဉ်သးဒ်လဲဉ်.
- ပုၤတဂၤလၢအအိဉ်ဒီးတၢ်န့ဉ်န့ဉ်ဟံဉ်ကလီၤသးဒီးပုၤအဂၤတဂၤလၢအိဉ်ဒီးတၢ်ထံဉ်လီၤသးလၢအတဂ့ၤတကပၤန့ဉ်အတၢ်လီၤဆိအိဉ်ဒ်လဲဉ်.
- ဖဲပမ့ၢ်တၢ်ဖိသဉ်အခါ, လၢဟံဉ်ဒီးက့ၢ်န့ဉ်မ့ၢ်ပမၤန့ၢ်တၢ်ကစီဉ်လၢအဂ့ၤတကပၤဒီးလၢအတဂ့ၤတကပၤမန့ၤတဖဉ်လဲဉ်.

နီၢ်ကစၢ်တၢ်န့ဉ်န့ဉ်ဟံဉ်ကလီၤသးန့ဉ်မ့ၢ်မန့ၤလဲဉ်.

နီၢ်ကစၢ်တၢ်န့ဉ်န့ဉ်ဟံဉ်ကလီၤသးန့ဉ်မ့ၢ်တၢ်လၢပဆိကမိဉ်ဒီးထံဉ်လီၤက့ၤပနီၢ်ကစၢ်အသးဒ်လဲဉ်န့ဉ်လီၤ. ဖဲပန့ဉ်ပတၢ်လၢတၢ်ဟ့ဉ်သၢပုၤဒီးပကံၢ်ပစိတဖဉ်အခါ ပအိဉ်ဒီးတၢ်န့ဉ်န့ဉ်ဟံဉ်ကလီၤသးလၢအအါန့ဉ်လီၤ. လၢအဂၤတမံၤဖဲပအိဉ်ဒီးတၢ်သံကွၢ်လၢတၢ်လၢတၢ်ဟ့ဉ်သၢပုၤဒီးပမၤတၢ်သ့ဒ်လဲဉ်အခါပကတူၢ်ဘဉ်လၢပတဘံဉ်တဘၢဘဉ်ဒီးပအိဉ်ဒီးတၢ်တန့ဉ်န့ဉ်ဟံဉ်ကလီၤက့ၤပသးဘဉ်န့ဉ်လီၤ.



ဖိသဉ်တဖဉ်န့ဉ်တၢ်လၢပတဲအီၤန့ဉ်လီၤ.
ဖဲပဟ့ဉ်ဂံၢ်ဟ့ဉ်ဘါအီၤဒီးဟံဉ်ကလီၤန့ဉ်အဝဲသ့ဉ်မၤန့ၢ်တၢ်န့ဉ်န့ဉ်ဟံဉ်ကလီၤသးလၢအပူၤန့ဉ်လီၤ.

တၢ်မၤလိန့ဉ်တၢ်န့ဉ်န့ဉ်ဟံဉ်ကလီၤသး

ဖိသဉ်တဖဉ်အတၢ်ထံဉ်လီၤက့ၤသးလၢအအိဉ်ထံးန့ဉ်န့ဉ်မ့ၢ်တၢ်လၢအယံာ်လၢအဝဲသ့ဉ်အတၢ်အိဉ်မူတစိၤသးန့ဉ်လီၤ. ဖဲန့ဉ်လၢအအိဉ်ထံးတဖဉ်အီၤအပူၤ, ဖိသဉ်အသရဉ်အဆိကတၢ်တဖဉ်ဒီးအဝဲအမိၢ်အပၢ်တဖဉ်အိဉ်ဒီးတၢ်လုၢ်ဘၢစိကမိၢ်လၢအဝဲသ့ဉ်အိဉ်ဒီးနီၢ်ကစၢ်တၢ်န့ဉ်န့ဉ်ဟံဉ်ကလီၤသး မ့တမ့ၢ် တၢ်တဘံဉ်တဘၢဘဉ်ခါန့ဉ်လီၤ. တၢ်အံၤမ့ၢ်မူဒါလၢအရူဒိဉ်မးတခါန့ဉ်လီၤ. မိၢ်ပၢ်တဖဉ်ဒီးသရဉ်တဖဉ်အတၢ်တူၢ်လိာ်, တတူၢ်လိာ်အီၤန့ဉ်မၤဖျါထီဉ်ဝဲဖိသဉ်တဖဉ်အတၢ်ထံဉ်လီၤက့ၤအကစၢ်အသး မ့တမ့ၢ်တၢ်တူၢ်ဘဉ်လၢအအိဉ်ဒီးအကစၢ်အလုၢ်အပူၤန့ဉ်လီၤ. ခိဖျါတၢ်တဲအီၤတၢ်လၢအဂ့ၤဒီးတၢ်ဟ့ဉ်ဂံၢ်ဟ့ဉ်ဘါအီၤတဖဉ်အယိ, မိၢ်ပၢ်ဒီးသရဉ်သရဉ်မုဉ်တဖဉ်မၤစၢၤဖိသဉ်လၢကဒုးအိဉ်ထီဉ်နီၢ်ကစၢ်တၢ်န့ဉ်န့ဉ်ဟံဉ်ကလီၤသးဒီးနီၢ်ကစၢ်အတၢ်ထံဉ်လီၤက့ၤသးလၢအဂ့ၤတဖဉ်, လၢအကမၤအါထီဉ်ခါဆူညါအတၢ်မၤန့ၤလၢအတၢ်အိဉ်မူဆူညါအဂီၢ်န့ဉ်လီၤ.

**ပကမာစာပဖိတဖှ်လကမာဒိဉ်ထီဉ်အိဉ်ထီဉ်
တၢ်နၢ်န့ၢ်ဟံၣ်ကလီၤသးလၢအအါကသ့ဒ်လဲၣ်.**

မိၢ်ပၢ်ကိးဂၢၤဒဲးအဲဉ်ဒီးလၢအဖိတဖှ်ကမာနၢ်တၢ်လၢအတၢ်အိဉ်မူအပူၤဒီးသ့ဉ်ဖုံသးညီန့ၢ်လီၤ. လကမာလၢထီဉ်ပဲၤထီဉ်
တၢ်အံၤအဂီၢ်, ပကမာစာအီၤလၢအဝဲသ့ဉ်ကအိဉ်ထီဉ်ဒီးတၢ်နၢ်န့ၢ်လီၤသးအဂီၢ်န့ၢ်လီၤ. ယုသ့ဉ်ညါကွၢ်တၢ်န့ၢ်ကျဲတဖှ်
(Reifler Associates, 1987, ကဘျဲးပၤ ၂၇ - ၂၉).

ပကမာစာအဝဲသ့ဉ်လကမာဒိဉ်ထီဉ်ထီဉ် -

☺ **တၢ်တူၢ်ဘၣ်လၢအဘၣ်ထွဲဘၣ်ဃး**
ဖိသ့ဉ်တဖှ်ကြၢၤတူၢ်ဘၣ်ဝဲလၢအဝဲသ့ဉ်ဘၣ်ထွဲဘၣ်ဃးဒီးကရူၢ်တဖုလၢအဟ့ၣ်ထီဉ်တၢ်အဲဉ်တၢ်ကွံလၢအကတၢ်
တသ့ဘၣ်န့ၢ်လီၤ. ဟံၣ်ဖိဃီဖိကဘၣ်မ့ၢ်တၢ်လီၤဖဲအဘၣ်အဘၢဒီးမ့ၢ်တၢ်လီၤဖဲဖိသ့ဉ်တူၢ်ဘၣ်ဝဲလၢ “အအိဉ်ဘၣ်
လၢအဟံၣ်” န့ၢ်လီၤ.

☺ **တၢ်တူၢ်ဘၣ်လၢအလီၤဆီဒီးဂ့ၤန့ၢ်တၢ်အဂၤ**
တၢ်လိဉ်ဘၣ်လၢဖိသ့ဉ်တဂၤစုၣ်စုၣ်တၢ်ကစံးထီဉ်ပကြၢၤဒီးဟံၣ်သ့ဉ်ဟံၣ်သး
အီၤဒ်ပုၤနီၢ်တဂၤအသိးဒီးတၢ်တဘၣ်ထီဉ်သကြၢၤအီၤဒီးတၢ်အဂၤ
မ့တမ့ၢ် ဆီဉ်သနံးအီၤလၢကမာပိၣ်ထွဲပုၤခံ မ့တမ့ၢ် “မၤလိ” န့ၢ်တၢ်
လၢပုၤအဂၤတဖှ်အအိဉ်ဘၣ်. (“...နကြၢၤမၤလိန့ၢ်တၢ်လၢနပုၤမ့ၢ်အအိဉ်”)



ဟံၣ်ဖိဃီဖိကမ့ၢ်တၢ်လီၤလၢဖိသ့ဉ်
တူၢ်ဘၣ်ဝဲလၢအပူၤဖျဲးဒီးတၢ်တူၢ်လိဉ်အီၤ
ဒီးတၢ်အဲဉ်အီၤန့ၢ်လီၤ.

☺ **တူၢ်ဘၣ်လၢအအိဉ်ဒီးတၢ်ဖိကမိၤ**
ဒ်သိးဖိသ့ဉ်ကမာန့ၢ်တၢ်နၢ်န့ၢ်လီၤသးအဂီၢ်, အဝဲဘၣ်မၤလိန့ၢ်တၢ်လၢကမာ
ကွၢ်တၢ်လၢအလီၤဘၣ်ယိဉ်တဖှ်န့ၢ်လီၤ. ဖိသ့ဉ်လိဉ်ဘၣ်တၢ်ခွဲးတၢ်ယၢ်လၢ
ကမာကမၢ်တၢ်လၢတအိဉ်ဒီးတၢ်ဟ့ၣ်အီၤတၢ်ကမၢ်ဘၣ်န့ၢ်လီၤ. ဟံၣ်ဖိဃီဖိ
ဒီးကွီအတၢ်အိဉ်သးလၢအဟ့ၣ်ဂံၢ်ဟ့ၣ်ဘါဖိသ့ဉ်တဖှ်လကမာတၢ်လၢအ
လီၤဘၣ်ယိဉ်ဒီးမၤလိန့ၢ်တၢ်လၢတၢ်ကမၢ်န့ၢ် ကသ့ဉ်ထီဉ်န့ၢ်အဝဲသ့ဉ်အတၢ်
နၢ်န့ၢ်လီၤသးန့ၢ်လီၤ.

☺ **တၢ်တူၢ်ဘၣ်လၢအိဉ်ဒီးတၢ်ပညိဉ်လၢတၢ်အိဉ်မူပူၤ**
ဖဲပကမာစာဖိသ့ဉ်တဖှ်လကမာဟံၣ်လီၤအတၢ်ပညိဉ်န့ၢ်အဝဲသ့ဉ်မၤဝဲဒ်သိးကမာလၢပဲၤဝဲဒီး, ပမ့ၢ်ပုၤသ့ဉ်တဖှ်လၢအ
ဟ့ၣ်အီၤတၢ်ပိးတၢ်လီၤလၢကမာနၢ်တၢ်အဂီၢ်န့ၢ်လီၤ. တၢ်အိဉ်ဒီးတၢ်ပညိဉ်တဖှ်ဒီးတၢ်သ့ဉ်ထီဉ်တၢ်မၤလၢအရ့ဒိဉ်
တဖှ်န့ၢ်သ့ဉ်ထီဉ်ပုၤနီၢ်တဂၤအတၢ်ထံဉ်လီၤက့ၤသးဒီးသးလၢအအိဉ်ဒီးတၢ်န့ၢ်လီၤလၢအဂီၢ်န့ၢ်လီၤ.

☺ **တူၢ်ဘၣ်လၢအိဉ်ဒီးတၢ်သ့တၢ်ဘၣ်**
ပမ့ၢ်ဟံၣ်သ့ဉ်ဟံၣ်သးဟံၣ်ပနီဉ်န့ၢ်တၢ်မၤဆံးဆံးဖိလၢပဖိတဖှ်မၤဝဲဒီးစံးထီဉ်ပကြၢၤအတၢ်မၤန့ၢ်, အဝဲသ့ဉ်ကမာလိန့ၢ်
တၢ်လၢအနီၢ်ဆံးဆံးဖိလၢအဝဲသ့ဉ်မၤတၢ်သ့, မၤတၢ်န့ၢ်ဒီးတပျံၤလၢကမာတၢ်အသိတဖှ်ဘၣ်န့ၢ်လီၤ.

☺ **တၢ်တူၢ်ဘၣ်လၢအိဉ်ဒီးတၢ်သးခု**
တၢ်သ့ဉ်ခုသးခုလၢတၢ်အိဉ်မူအပူၤန့ၢ်မ့ၢ်တၢ်လၢဖိသ့ဉ်မၤလိန့ၢ်အီၤလၢ အမိၢ်အပၢ်တဖှ်အအိဉ်န့ၢ်လီၤ. အရ့ဒိဉ်
လၢပကမာတၢ်ဆၢကတီၢ်လၢပကသ့ဉ်ခုသးခုဒ်ဟံၣ်ဖိဃီဖိအသိးန့ၢ်လီၤ.

- ☺ **သးလာအဲဒ်ဒီးယုသုဉ်ညါတၢ်**
ဖိသုဉ်တဖၣ်န့ၣ်ဒ်န့ၣ်ဆၢၣ်အသိး မ့ၢ်ပုၤတဖၣ်လၢအဲဒ်ဒီးသုဉ်ညါတၢ်န့ၣ်လီၤ. ဒ်ပမ့ၢ်မိၢ်ပၢ်တဖၣ်အသိး, ပမ့ၢ်န့ၣ်လီၤ
န့ၢ်အဲဒ်သုဉ်အတၢ်အဲဒ်ဒီးသုဉ်ညါတၢ်န့ၣ်ကညီလၢအဲဒ်သုဉ်အဂီၢ်လၢကယုသုဉ်ညါတၢ်ဒီးအသးစဲထီၣ်လၢဟီၣ်ခိၣ်
ဖျါၣ်လၢအအိၣ်ကဝီၤအဲဒ်သုဉ်န့ၣ်လီၤ.
- ☺ **သးလာအအိၣ်ဒီးတၢ်တီတၢ်လီၤ**
ပုၤလၢအဟံၣ်ကဲလီၤအကစၢ်အသးသုဉ်ညါဝဲလၢကဘၣ်ဟံၣ်ကဲပုၤအဂၤန့ၣ်လီၤ. ဖဲဖိသုဉ်အိၣ်လၢခိၣ်ယၢၤလၢအပုၤ
ဒီးတၢ်ဟံၣ်ကဲအခါန့ၣ်, အဲဒ်သုဉ်အတၢ်န့ၣ်လီၤအသးကအါထီၣ်ဝဲန့ၣ်လီၤ. အဲဒ်သုဉ်ထံၣ်လီၤအသးလၢကြၢၤလၢတၢ်
အဲဒ်အီၤန့ၣ်လီၤ. တၢ်အံၤမ့ၢ်ကတီၤလၢကဒီးသဒါအဲဒ်သုဉ်လၢအကပၣ်ယုဉ်လၢတၢ်ဟူးတၢ်ဂဲၤလၢအတဂ့ၤဒ်အမ့ၢ်,
တၢ်စူးကါကသံၣ်မူၤဘျီး, တၢ်ကဲပုၤအပုၤသီအကရူၢ်တဖၣ်ဒီးတၢ်မၤအၢမၤသီ, မၤတရီၤတပါတဖၣ်န့ၣ်လီၤ.

တၢ်ကမၢ်လၢအကဲထီၣ်ညီၣ်န့ၣ်တဖၣ်

ဖဲဖိအိၣ်ဒီးတၢ်ဂုၢ်ကျဲးစးလၢပကန့ၣ်လီၤပဖိအကျဲန့ၣ်, တဘျီတခိၣ်ပမၤတၢ် မ့တမ့ၢ် တဲတၢ်လၢအဲဒ်သုဉ်တန့ၣ်လီၤအကံၢ်အ
စီဘၣ်တဖၣ်န့ၣ်လီၤ. တၢ်သုဉ်တဖၣ်အံၤမ့ၢ်ဒ် “တၢ်ဟံၣ်သုဉ်ဟံၣ်သးလၢအဂ့ၤ” အတၢ်ဟံၣ်သးတနီၤန့ၣ်လီၤ.

- မၤတၢ်တမံၤမံၤလၢအဂီၢ်ဖဲအဲဒ်သုဉ်အကစၢ်ဒ်ဝဲမၤတၢ်သ့အခါန့ၣ်လီၤ. အဒိ - စၢန့ၢ်အဲဒ်သုဉ်အခိၣ်ဖံးအပျံၤဖဲအသး
အိၣ်ခွဲန့ၣ်အခါ -
- ဒဲအီၤ မ့တမ့ၢ် ဟ့ၣ်အီၤတၢ်စံၣ်ညီၣ်ဖဲအဲဒ်သုဉ်မၤကမၢ်တၢ်အခါန့ၣ်လီၤ. အဒိ - ဒဲလၢအီၤဖဲအဲဒ်သုဉ်မၤလီၤလဲၣ်တၢ်န့ၢ်
ထံလၢတၢ်တဟံၣ်သုဉ်ဟံၣ်သးအခါန့ၣ်လီၤ.
- စူးကါပုၤဖိသုဉ်အဂၤတဖၣ်လၢကကဲန့ၢ်တၢ်အဒိ, ဒ်သိးအဲဒ်သုဉ်က “မၤလိ” တၢ်လၢအဂီၢ်န့ၣ်လီၤ.
- မၤအဲဒ်သုဉ်ဒ်သိးကဆိကမိၣ်လီၤအသးလၢအမၤကမၢ်တၢ်ခိဖျိပဘၣ်ဟ့ၣ်လီၤအသးတူၢ်တၢ်လၢအဂီၢ်အယိန့ၣ်လီၤ.
- နံၤဘၣ်အဲဒ်သုဉ် “အတၢ်မံမိၢ် - အတၢ်ကွၢ်စိလၢခါဆူညါ” ဖဲအဲဒ်သုဉ်တဲဘၣ်ပုၤအခါန့ၣ်လီၤ.

ဖဲဖိသုဉ်တဖၣ်တအိၣ်ဒီးတၢ်န့ၣ်န့ၣ်လီၤသးလၢကိအခါ

- အဲဒ်သုဉ်ထံၣ်လီၤအသးဖဲဘၣ်တၢ်ကွၢ်တၢ်အီၤ မ့တမ့ၢ် တဖျဲးဘၣ်.
- အဲဒ်သုဉ်တအဲဒ်ဒီးဟံၣ်ယုဉ်မၤသကိးတၢ်လၢတၢ်ဟူးတၢ်ဂဲၤတဖၣ်ဖဲအမၤကမၢ်တၢ်သ့အခါဘၣ်
န့ၣ်လီၤ.
- အဲဒ်သုဉ်ဂုၢ်ကျဲးစးလၢကမၤန့ၢ်ပုၤဂၤအတၢ်သးစဲအီၤလၢကျဲလၢအတဂ့ၤဘၣ်တဖၣ်န့ၣ်လီၤ.
- အဲဒ်သုဉ်တန့ၣ်န့ၣ်အသရၣ်တဖၣ်ဒီးကိဖိလၢအအိၣ်တီၢ်ခဲလၢၣ်ဘၣ်န့ၣ်လီၤ.
- အဲဒ်သုဉ်ယုအတံၤသကိးဒီးဖိသုဉ်တဖၣ်လၢအအိၣ်ဒီးအတၢ်န့ၣ်န့ၣ်လီၤသးစ့ၤဒ်သိးအီၤတဖၣ်
န့ၣ်လီၤ.
- အဲဒ်သုဉ်ဟံၣ်ဖျါထီၣ်အသးမၤဟံၣ်တၢ်မၤတမ့ၢ်ဘၣ်န့ၣ်လီၤ. မိၢ်ပၢ်တဖၣ်ထံၣ်ဝဲလၢအဲဒ်သုဉ်တ
ဖၣ် “ကၢၣ်” ဒီးဖဲအနီၢ်နီၢ်န့ၣ်အဲဒ်သုဉ်ပျံၤဝဲလၢကဘၣ်တူၢ်ယုဉ်အသးန့ၣ်လီၤ.
- လၢတၢ်ဂ့ၢ်တနီၤအပူၤ, တၢ်မဲၣ်ဆုးလၢအဟံၣ်ဖျါထီၣ်ဝဲလၢအအိၣ်ထံးကိစးထီၣ်သီအနံၣ်န့ၣ်,
ကဲထီၣ်ဝဲတၢ်တကန့ၣ်ယုဉ်တၢ်ဒီးတဟံၣ်ကဲတၢ်လၢနံၣ်လၢကအိၣ်ထီၣ်တဖၣ်အပူၤန့ၣ်ဘၣ်.



ဖိသုဉ်လၢတၢ်ဝဲၣ်ထံၣ်နီၤဖး
ဟံၣ်ဒုဉ်ဟံၣ်ကမၢ်အီၤတဖၣ်န့ၣ်
မၤလိန့ၢ်တၢ်လၢတဟံၣ်လုၢ်ဟံၣ်
ပုၤလီၤအသးဘၣ်န့ၣ်လီၤ.

တၢ်ကဘၣ်မၤလိတၢ်ဟ့ၣ်ကူၣ်တဖၣ်ဒ်လဲၣ်...

တၢ်ဟ့ၣ်ကူၣ်တဖၣ်လၢကနဲၣ်န့ၣ်ကျဲလၢနဖိတဖၣ်ကအိၣ်ဒီး
တၢ်န့ၣ်န့ၣ်လီၤသးလၢအဂ့ၢ်တကပၤအဂီၢ်

- ဖဲနမၤကမၣ်တၢ်အခါ, အၢၣ်လီၤနတၢ်ကမၣ်လၢအဝဲသ့ၣ်အမဲၣ်ညါ
- ဟ့ၣ်ဂံၢ်ဟ့ၣ်ဘါအဝဲသ့ၣ်လၢကထံၣ်လီၤက့ၤအကစၢ်အတၢ်ကမၣ်ဒ်တၢ်မၤလိန့ၣ်တၢ်အတၢ်လဲၤခိဖျိတဖၣ်တက့ၢ်.
- ဖဲအနီၢ်ဆံးဆံးဖိအခါ, မၤအဝဲသ့ၣ်တူၢ်ဘၣ်လၢအဝဲသ့ၣ်အိၣ်စ့ၢ်ကိးဒီးတၢ်ခွဲးတၢ်ယၢ်လၢအဝဲသ့ၣ်ကလဲၤခိဖျိဘၣ်တၢ်မၤနၢၤန့ၣ်တက့ၢ်.
- ဟ့ၣ်ဖိသ့ၣ်တဖၣ်တၢ်ဟူးတၢ်ဂဲၤလၢအဝဲသ့ၣ်ကလဲၤခိဖျိဘၣ်ဝဲတၢ်မၤနၢၤန့ၣ်တက့ၢ်.
- ငှးသ့ၣ်ညါအဝဲသ့ၣ်လၢနဟ်ကဖၤလၢနသးလၢအဝဲသ့ၣ်အယိတက့ၢ်.
- ဟ်တၢ်ပညိၣ်လၢအဝဲသ့ၣ်အကံၢ်အစီဒီးတမ့ၢ်လၢအတၢ်ကမၣ်အဖိခိၣ်န့ၣ်တက့ၢ်.
- ဟ်ကဲအဝဲသ့ၣ်အတၢ်ဆိကမိၣ်ဒီးအတၢ်ကူၣ်တၢ်ဆးန့ၣ်တက့ၢ်.



သ့ၣ်နီၣ်ထီၣ်လၢ-

ဖိသ့ၣ်တဖၣ်မၤလိန့ၣ်တၢ်လၢအထံၣ်ဘၣ်ဝဲ

ဟ်ကဲအဝဲသ့ၣ်ဒီးအဝဲသ့ၣ်ကမၤလိန့ၣ်တၢ်လၢ
ကဘၣ်ဟ်ကဲလီၤအကစၢ်ဒၣ်ဝဲအသးန့ၣ်လီၤ.

“EXPRESSIONS OF LOVE”



“Dear parent, family member, or family friend:

...Human life is dependent on air, sun, water and food, but these alone are not enough for a child to thrive. Just as children have physical needs for food and shelter, they have psychological needs for warmth and caring. So it is not enough to feed a child's body: we also need to feed a child's soul.

...All human beings need to be recognized and appreciated. For a young child this is essential. **The happier a child is, the better the child will be able to learn.** We are not talking about spoiling children or of being permissive and allowing them to do whatever they want. We are speaking about how important it is to recognize the good qualities that all children have, to let them know that they are important to us and that they are loved.

Things you can do to express your love for your child:

- ❖ **Communicate to your child that you love him or her just the way he or she is.** It is important to set limits for children and to provide guidance for their behavior. You do not need to agree or approve of everything that your child does. But it is important to let your child know that your love is unconditional. We want children to behave well and to make good choices for their own well-being, not because they need to earn our love.
- ❖ Each day, find a good quality to appreciate in your child. **Tell your child every day something positive about herself or himself.** What we notice and appreciate will grow.
- ❖ **Show appreciation for the work your child does at school.** Have a special place to keep the work that your child brings home from school.
- ❖ Show interest in things that are important to your child. **Listen to your child and show that you care.** Ask him or her about friends, sports, and events at school.

Children become what we expect of them.

Let your child know that you believe he or she is a good, respectful, loving, intelligent young person, and that is what he or she will become”.

Homeschool Interaction. 1998 Alma Flor Ada & F. Isabel Campoy

“တၢ်ပၢ်ဖျါထီၣ်တၢ်အဲၣ်တၢ်ကွံ”



“ဆူ မိၢ်ပၢ်, ဟံၣ်ဖိယီဖိတဖၣ်, မ့တမ့ၢ် ဟံၣ်ဖိယီဖိအတံၢ်သကိး-

...ပှၤဟီၣ်ခိၣ်ဖိအတၢ်အိၣ်မူန့ၣ်ဒီးသန့ၤထီၣ်အသးလၢ ကလံၤကလီ, မ့ၢ်, ထံဒီးတၢ်အိၣ်တၢ်အိတဖၣ်ဘၣ် ဆၢၣ် တၢ်သ့ၣ်တဖၣ်အံၤတလၢပုၤဝဲလၢဖိသ့ၣ်တဖၣ်ကဒိၣ်ထီၣ်အဂီၢ်ဘၣ်. ဒ်ဖိသ့ၣ်တဖၣ်လိၣ်ဘၣ်တၢ်အိၣ်တၢ်အိဒီးတၢ် အိၣ်ကဒုလီၤလၢအ နီၢ်ခိကွၢ်ဂီၤအဂီၢ်အသိး, အဝဲအိၣ်ဒီးသ့ၣ်သးဂ့ၢ်ဝီတၢ်လိၣ်ဘၣ်တဖၣ်ဒ်အမ့ၢ် တၢ်ကဟုကယၢ်ဒီးတၢ် အိးထွဲကွၢ်ထွဲတဖၣ်န့ၣ်လီၤ. အယီထဲပလုၢ်အိၣ်လုၢ်အိဖိသ့ၣ်အနီၢ်ခိန့ၣ်တမ့ၢ်အလၢအပုၤဘၣ်-ပလိၣ်ဘၣ်လၢ ပကဘၣ် လုၢ်အိၣ်လုၢ်အိဖိသ့ၣ်လၢ အသ့ၣ်ဂ့ၢ်ဝီသးဂ့ၢ်ဝီတကပၤန့ၣ်လီၤ.

...ပှၤဟီၣ်ခိၣ်ဖိတဖၣ်လိၣ်ဘၣ်လၢ တၢ်ကသ့ၣ်ညါပၢ်ကဲအိၣ်ဒီးတၢ်ပၢ်လုၢ်ပၢ်ပှၤအိၣ်အဂီၢ်န့ၣ်လီၤ. လၢဖိသ့ၣ်ဆံးအဂီၢ်တၢ်တ ခါအံၤမ့ၢ်တၢ်လၢအဂ့ၢ်န့ၣ်လီၤ. **ဖိသ့ၣ်တကၢ်ဒ်သးဖု, အဝဲမၤလိန့ၢ်တၢ်ဒ်ဂ့ၢ်န့ၣ်လီၤ.** တမ့ၢ်လၢပဝဲဘၣ်ပးတၢ်မၤပးဂီၤ ဖိသ့ၣ် မ့တမ့ၢ် တၢ်ဟ့ၣ်အိၣ်အခွဲးလၢဒီးပျဲအိၣ်လၢကမၤတၢ်လၢအဲၣ်ဒီးမၤဝဲန့ၣ်ဘၣ်လီၤ. ပဝဲဘၣ်ပးအဂ့ၢ်န့ၣ် ထဲလဲၣ်လၢ ကပဘၣ်ပၢ်သ့ၣ်ပၢ်တၢ်အကံၢ်အစီအဂ့ၢ်တဖၣ်လၢအအိၣ်ဒီးဖိသ့ၣ်တဖၣ်, ဒ်သိးကဒုးသ့ၣ်ညါအိၣ်လၢအဝဲသ့ၣ်န့ၣ် အဂ့ၢ်န့ၣ် လၢပဂီၢ်ဒီးပအဲၣ်အဝဲသ့ၣ်န့ၣ်လီၤ.

တၢ်တဖၣ်လၢနမၤအိၣ်သ့ၣ်လၢနကပၢ်ဖျါထီၣ်လၢနအဲၣ်နဖိ-

- ၇ **တဲဘၣ်နဖိလၢနအဲၣ်အဝဲပိၣ်ခါဖိ မ့တမ့ၢ် အဝဲပိၣ်မုၢ်ဒ် အဝဲသ့ၣ်မ့ၢ်တၢ်အသိးန့ၣ်လီၤ.** အဂ့ၢ်န့ၣ်လၢ တၢ် ကပၢ်လီၤန့ၢ်တၢ်ပၢ်ပနီၣ်လၢဖိသ့ၣ်တဖၣ်အဂီၢ်ဒီးဟ့ၣ်တၢ်န့ၣ်လၢအဝဲသ့ၣ်အတၢ်ပၢ်သ့ၣ်ပၢ်သးအဂီၢ်လီၤ. တလိၣ်လၢနကဘၣ်သးထွဲ မ့တမ့ၢ် အါၣ်လီၤတူၢ်လိၣ်တၢ်ခဲလၢၢ်လၢနဖိတဖၣ်မၤဝဲန့ၣ်ဘၣ်. ဘၣ်ဆၢၣ် အဂ့ၢ်န့ၣ်လၢနကဘၣ်ဒုးသ့ၣ်ညါနဖိတဖၣ်လၢနတၢ်အဲၣ်မ့ၢ်တၢ်အဲၣ်လၢအမ့ၢ်အတီၢ်ဒီးနအဲၣ်အိၣ်သ့ၣ်ကိးက တီၢ်ဒီးလီၤ. ပအဲၣ်ဒီးလၢဖိသ့ၣ်တဖၣ် ကပၢ်သ့ၣ်ပၢ်သးဂ့ၢ်ဝီဒီးကယုထၢတၢ်အဂ့ၢ်ကတၢ်လၢ အတၢ်အိၣ် မုၢ်ဆိးပၤအဂီၢ်, ဘၣ်ဆၢၣ်အဝဲသ့ၣ်မၤတၢ်ဒ်အိၣ်တမ့ၢ်လၢကမၤန့ၢ်ပတၢ်အဲၣ်အဂီၢ်ဘၣ်န့ၣ်လီၤ.
- ၇ **ကိးနံၤဒဲး, ယုန့ၢ်နဖိအကံၢ်အစီအဂ့ၢ်တဖၣ်လၢနကစံးထီၣ်ပတြၢဘၣ်အိၣ်အဂီၢ်န့ၣ်တက့ၢ်. ကိးနံၤဒဲးတဲ ဘၣ် နဖိတၢ်တမံၤမံၤလၢ တၢ်အဂ့ၢ်လၢအဘၣ်ပးဒီးအနီၢ်ကစၢ်အဂ့ၢ်န့ၣ်တက့ၢ်.** တၢ်လၢနပၢ်သ့ၣ်ပၢ်သး ဒီးပၢ်လုၢ်ပၢ်ပှၤအိၣ်တဖၣ်န့ၣ်ကဒိၣ်ထီၣ်လဲၤထီၣ်ဝဲန့ၣ်လီၤ.
- ၇ **ပၢ်ဖျါထီၣ်နတၢ်ပၢ်လုၢ်ပၢ်ပှၤတၢ်လၢနဖိမၤလၢက့ၢ်န့ၣ်တက့ၢ်.** ပၢ်တၢ်လီၤလီၤဆိလၢနကပၢ်တၢ်ဖိးတၢ်မၤ လၢနဖိပဲက့ၤစိၣ်လၢက့ၢ်တဖၣ်န့ၣ်တက့ၢ်.
- ၇ **ဒုးန့ၣ်ယီၤနတၢ်သးစဲလၢ တၢ်လၢအဂ့ၢ်န့ၣ်လၢနဖိတဖၣ်အဂီၢ်စ့ၢ်ကိးတက့ၢ်. ဒ်ကန့ၣ်နဖိဒီး ပၢ်ဖျါထီၣ်လၢနတၢ်ကဟု ကယၢ်တက့ၢ်.** သံကွၢ်အိၣ်ဘၣ်ပးတံၢ်သကိး, တၢ်ဂဲၤလိၣ်ခိၣ်ဂဲၤ လိၣ်ကွံ, ဒီးတၢ်လၢအကဲ ထီၣ်အသးလၢက့ၢ်တဖၣ်န့ၣ်တက့ၢ်.

ဖိသ့ၣ်တဖၣ်ကဲ ထီၣ်ဝဲတၢ်လၢပမ့ၢ်လၢတၢ်လၢအအိၣ်န့ၣ်လီၤ. ဒုးသ့ၣ်ညါနဖိတဖၣ်သ့ၣ်ညါလၢနနၢ် လၢအဝဲသ့ၣ်တဖၣ်မ့ၢ်ပှၤလၢအဂ့ၢ်, လၢတၢ်နၢ်န့ၢ်အိၣ်သ့, လီၤအဲၣ်လီၤကွံ, မ့ၢ်ပှၤသးစၢ်လၢအဖျဲး တဖၣ်ဒီးအဝဲသ့ၣ်ကကဲ ထီၣ်ဝဲတၢ်ဒ်နတဲတဖၣ်အသိးန့ၣ်လီၤ.

တၢ်သိၣ်လိဖိသ့ၣ်လၢဟံၣ်က့ၢ်တဖၣ်အတၢ်ဒီဆါ(Homeschool Interaction). 1998 Alma Flor Ada & F. Isabel Campoy

Handout Lesson: “The Home Motivation and Self-Esteem”/ 2004
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