

What did you wish you knew as a new teacher?

- 1 HOW TO TALK TO PARENTS ABOUT THEIR CHILD'S MENTAL HEALTH.**
 - ☞ If they are angry/upset
 - ☞ Engage parents HOW TO
 - ☞ Not answering
- 2 THE IMPORTANCE OF ASKING FOR HELP.**
 - ☞ What are my resources? How do I access?
- 3 HOW TO SEEK SUPPORT FROM ADMINISTRATION**
 - ☞ Build good relationships at work
 - ☞ Have a plan for the discussion topic!
- 4 HOW TO MANAGE BEHAVIORS IN THE CLASSROOM.**
 - ☞ What to do w/ problem behaviors, who to go to for help?
- 5 YOU AREN'T ALONE**
 - ☞ We're in this together!
- 6 EMBRACE HUMILITY**
 - ☞ Don't take things personally. The world's not on your shoulders.
- 7 STAY TRUE TO YOURSELF.**
 - ☞ Develop a course plan that feels good to you. Focus on your STRENGTHS
- 8 HOW TO REFRAME NEGATIVE EXPERIENCES**
 - ☞ YOUR KIDS ARE SO NOISY!!!
 - ☞ Too much noise!
 - ☞ NO! THEY'RE ENGAGED!
 - ☞ when you're overwhelmed, change your perspective
 - ☞ + vs -
- 9 TAKE TIME FOR YOURSELF.**
 - ☞ SELF CARE O'CLOCK
 - ☞ artwork by Taylor Holden
- 10 SET REALISTIC GOALS FOR YOURSELF.**
 - ☞ SUCCESS expectation
 - ☞ SUCCESS REALITY
- 11 BE SENSITIVE TO A CHILD'S PERSONAL LIFE**
 - ☞ [Illustration of diverse children]

Co created with teachers, and the research team at the faculty of education at Western University