New Teacher Survival Guide

CAMS for Early Childhood • Set Kids Up for Success

A practical starting point for educators entering the early childhood field.

Your First Priorities

• Learn the daily routines

• Learn children's names and interests

• Build relationships

• Ask questions

• Observe before changing everything

• Learn where supplies and emergency information are kept

When Behavior Is Hard

Stay calm, protect safety, look for the need or skill underneath the behavior, and ask an experienced teammate for help.

Families

You do not need to know everything. Be respectful, communicate observations clearly, and ask your lead or director when you need guidance.

Teamwork

Ask: “How do you usually handle this?” Learn from experienced staff while also bringing your own ideas.

Take Care of Yourself

• Use your break when possible

• Drink water

• Eat

• Move your body

• Decompress after work

• Talk to someone when you need support

Remember

Being new does not mean being bad at the job. Skill grows with practice, feedback, reflection, and support.

“You don't have to know everything on day one.”

Notes