

# 5 ways to build knowledge and skills

It is important that educators build their skills and knowledge to support continuous improvement within the service. Here are some ways to support this:



## Do your own research

Avoid taking other people's opinions as fact and instead do your own research on what the requirements actually are, what best practice guidelines there are, how you can support this in your context, and what potential outcomes there can be, before implementing changes.



## Identify mentors

Find amazing educators and soak up as much as you can from them. This might be in a formal mentoring agreement where you set aside time to ask questions and learn, or it could be just by observing them and how they approach things to learn from their practices.



## Engage with training opportunities

Where ever you can find ways to challenge and grow your ideas and practices. These could be podcasts, workshops, articles, webinars, publications, newsletters or whatever approach is going to align with your learning style and time schedule to allow you to improve.



## Subscribe to information emails

There are lots of different mailing lists out there and often it can feel overwhelming by the number of emails you get in a day. Spending time finding the right mailing lists for you can leave you feeling motivated and empowered instead of just filtering them all to junk.



## Filter out inappropriate sources

Not everyone who is sharing information in the early childhood sector is going to be aligned with your values or have the right agenda (some are sponsored by products they are endorsing), so spend time finding factual sources from relevant places that will help you grow instead of distracting you.