HAVE SOMEONE OBSERVE YOU.

Ask a trusted coworker to observe you in the classroom for any biases you might not be aware of.

You may have a preference toward one child or tendency to speak highly of art versus math. A different perspective can help see what you aren't seeing.

TAKE INVENTORY OF YOUR HABITS.

- Do you notice that certain children frustrate you more than others?
- What about being happy when a certain child is gone for the day?

Noticing your habits and how they impact your interactions will help you avoid biases. Take note of these habits and be mindful in avoiding them.

SET GOALS AND WRITE THEM DOWN.

- Set a goal for yourself to give that one child a high five every day.
- Give that talkative teacher 5 minutes a day to chat.
- Encourage families from different cultures to participate without feeling awkward about it.

Write it down when you give that one child a high five or give that teacher 5 minutes or talk to that family. This is a great way to track how often you are meeting your goals.