

Teaching How to Wear a Mask



Beginning tips

- Begin several weeks before goal is needed to be achieved
- Choose a mask that displays a favorite theme or character
- Model by wearing your own mask
- Choose a favorite stuffed animal to practice with your child

1. Determine which phase below your child is in with wearing a mask, and start with that phase (i.e., can cover her chin with the mask)
2. Determine how long your child can tolerate the mask at that phase, (i.e., can cover her chin with the mask for 1 min.)
3. Write the amount of time under the first column, next to the phase of mask wearing your child can tolerate.
4. Each time your child practices with the mask, increase the time in each phase by seconds or minutes in order to reach your goal.
5. Visually show how long he/she needs to engage in each phase before receiving a reward (i.e., visual timer, schedule, verbal count down)
6. Practice several times each day.
7. Immediately and enthusiastically praise all successful attempts and reinforce with a favorite food, activity or item.

Phase of Mask Wearing								Goal
	sec/ min	sec/ min	sec/ min	sec/ min	sec/ min	sec/ min	sec/ min	sec/ min
Can hold the mask								
Can bring the mask towards the face								
Can touch the mask to the face								
Can fit one elastic loop over one ear								
Can fit the elastic loops over both ears								
Can cover the chin with the mask								
Can cover the mouth with the mask								
Can cover the nose with the mask								
Can wear the mask appropriately								



A goal should be individualized. Some children can wear a mask continuously, while others can only tolerate a short amount of time and need a break before replacing the mask.



- Make sure your child can communicate when they want to take off their masks, (i.e., mask break card)