

Strategies to increase the amount of time your child is willing to wear a mask:

- Model for your child how and when to wear a mask. If you are asking your child to wear a mask, you should be wearing one as well.
- When you first introduce the mask, have your child wear it for a short amount of time. It might be helpful to have them do this while engaging in a preferred activity such as watching their favorite television show or playing on the iPad.
- Provide reinforcement for wearing the mask (e.g. hugs, high fives, additional iPad time).
- Slowly increase the amount of time your child wears the mask and continue to provide reinforcement.
- Provide lots of opportunities to practice at home before heading out of the house.
- When your child is ready to take a trip out of the house while wearing his/her mask, keep it short. Reinforce, reinforce, reinforce!

How to teach your child to put on and wear a mask independently:

- In order to teach your child how to put a mask on by themselves, you first need to break down the task into smaller steps. This is known as a task analysis. Once you have created your list of steps (task analysis), you can begin teaching your child each step individually or introduce all steps at once. It is often helpful to have pictures that correlate with each step. Below is an example of a visual task analysis that could be used to teach your child to put on his/her own mask.

Step-by-Step Guide: How to put on your own mask:

1. Hold your mask with the blue side facing out and the metal wire at the top.



1. Hold ear loops using both hands. Might need to shorten loops to fit your child (pictured in photo).



3. Pull ear loops over your ears.



4. Press down on the metal wire to mold it to your nose. It should feel snug.



5. Make sure the bottom of the mask is covering your chin and you're all done!



If your child responds well to learning through video modeling, YouTube can be a great resource. There are an abundance of clips/videos demonstrating how to put on a mask. Always make sure you are screening videos prior to your child watching. Example below:

- <https://www.youtube.com/watch?v=lgaKLpSxQag>

Adapted from:

<https://www.getanswersnow.com/blog/>

