



# Mask Wearing

Mask wearing is an important goal that can be targeted at home during remote learning. Like all new skills, mask wearing is a skill that can be taught to your child so they learn to gradually tolerate wearing a mask. This handout will help guide you to achieve this goal!

## Before You Begin



- Is the mask comfortable?
- Can your child have some say in the mask they wear (e.g. colour, pattern, etc.)?
- Does the mask fit their face correctly?



### Step 1: Talk it Out

Talk to your child about:

- Parts of mask
- How to put on their mask
- Why they need to wear it
- When they will need to wear it
- That they can still breathe, smile & talk!

### Step 2: Show Them

You can:

- Show a video to help explain why
- Show them how to put it on by putting your mask on
- Film yourself, a sibling, or friend putting on & taking off a mask to show your child and have your child copy

### Step 3: Practice Makes Perfect!

Allow your child to practice:

- Putting on/taking off the mask on doll/bear (they may need help at first)
- Putting on/taking off mask on themselves
- Wearing the mask in the house
- Wearing the mask in the community

### Step 4: Raise the Bar!

Gradually:

- Use less prompts and guidance to help your child put on/take off mask to build independence
- Require your child to wear their mask for longer and longer times periods & in different locations in the community!

### Track Your Progress!

Your school team can help you create a checklist to help keep track of how long your child is able to wear the mask for. This makes it easy to remember what the current goal is and if the child was successful or not.

### Tip!

After your child has worn the mask for the designated time, give them praise and a reward (chosen by the child) to encourage mask wearing! Or you could start with asking your child to wear their mask while they do a preferred activity (e.g. watching a movie).

### Resources & Visuals

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Putting on/Changing Mask Visual  
Mask Wearing Instructional Video  
How to Wear a Mask  
Power of Reinforcement Handout  
Wearing a Face Mask Social Narrative-Beginner  
Wearing a Face Mask Social Narrative-Intermediate  
Mask Extender

### Goal Tracking

See "Mask Wearing Goals Handout" to help determine which step to work on and how to teach it!