



Mask Wearing Goals

Determine Where to Start

To help determine where to start, see if your child can do the following by watching them and asking them to do the following tasks:

- Are they calm with a face mask in front of them?
- Are they calm when seeing others wear a face mask?
- Will they wear a mask?
- Can they put on & take off a face mask with some help? Without any help?
- Will they wear a face mask in the community (e.g. grocery store or park)?
- Will they wear a face mask without touching it?



Begin at the step your child can complete and gradually move down the list to harder tasks:

My Child Won't Wear a Face Mask

1. Accepts face mask on table in front of them
2. Accepts touching a mask with their hands
3. Accepts touching a mask to their face quickly
4. Accepts putting a mask on doll/stuffed animal
5. Accepts a mask strap around each ear (for a few seconds)
6. Accepts wearing a mask around ears, but on chin
7. Accepts wearing a mask around ears, over lips, but below nose
8. Accepts fully wearing mask for 5 seconds
9. Accepts fully wearing mask for 10 seconds

Easiest



Hardest

My Child Wears a Mask, but Not for Long

1. Accepts wearing face mask for 20 seconds
2. Accepts wearing face mask for 30 seconds
3. Accepts wearing face mask for 1 minute
4. Accepts wearing face mask for 2 minutes
5. Accepts wearing face mask for 5 minutes
6. Accepts wearing face mask for 10 minutes
7. Accepts wearing face mask for 15 minutes
8. Accepts wearing face mask for 20 minutes
9. Accepts wearing face mask for 30 minutes
And so on and so forth...
10. Accepts wearing face mask for 1 hour
11. Accepts wearing face mask for required time in different locations (e.g. mall, grocery store, in line, etc).



Now that you know where to start...

How to Teach

1. Decide which step your child needs to work on based on the information above.
2. Explain to the child the step you will work on and show them first what you want them to do (e.g. you show putting the mask around your own ear and tell the child they will do the same).
3. Tell them, "Your turn" and help them (as needed) to make the step successful (e.g. you guide the face mask to their ear or gesture to the child's ear).
4. Praise child (e.g. "Wow, great job!") and give the child their favourite item/activity for a few minutes as a reward. Click "The Power of Reinforcement Handout" below to learn more.
5. Practice that step many times a day while you work on reducing the amount of help (prompts) you are providing the child until they can do that step without any help from you.
6. Once they are able to do that step by themselves, move onto the next harder step.

Tip!

Your child's teacher is the programming expert and can help you identify and teach these goals!

The Power of Reinforcement Handout