



Helping Your Student Feel Good About Wearing and Seeing Others Wearing Face Coverings

★★ Explain reasons for wearing a face covering in simple terms. *(e.g. keeping our friends and family safe, staying healthy)*

★★ Read stories, watch videos, and view pictures of people or favorite characters wearing face coverings. *(Many authors and animators have created these resources that can be found online to help children feel more comfortable.)*

★★ When at home, or out running errands, have family members wear their face coverings for short periods of time. Talk to your student about why you are wearing the face mask.

★★ Your student may be more likely to wear a face covering with a specific color, pattern, or character on it. Students with sensory needs may prefer certain fabrics or textures.

★★ Encourage your student to practice putting face coverings on dolls, stuffed animals, or on family members.

★★ Increase comfort with face coverings by encouraging fun and imaginative play (e.g. make silly faces, pretend to be superheroes, play peek-a-boo).

★★ Have your student practice wearing their face covering during favorite activities (e.g. watching a movie, playing a game, reading a book) to show that masks aren't only for situations that are new or scary.

★★ Allow your student to work up to wearing a face covering in stages. Celebrate each successful step with praise, cheering, or other rewards.

★★ *Example Steps:*

1. *Hold/touch the face covering.*
2. *Touch face covering to face.*
3. *Hold face covering over the nose and mouth.*
4. *Stretch face covering elastic or ties around ears/head.*
5. *Wear the face covering for short period of time (5 - 10 seconds).*
6. *Gradually increase time with face covering on (30 seconds, 1 minute, etc. – Using visual timers may be helpful).*

Remember to be patient and start practicing now! It may take days or even weeks for your student to get comfortable wearing a face mask.