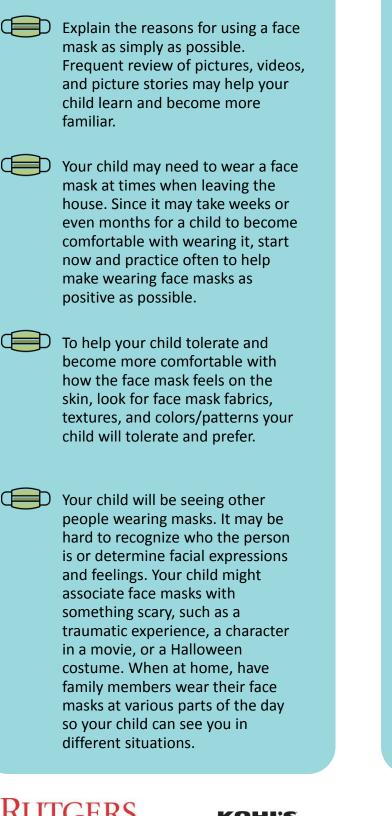
Help your Child Feel Good about Using and Seeing Others Wearing Face Masks





- Have your child see, hold, touch, and wear the face mask in stages. Provide praise, tickles, tokens, tapping elbows, cheering, or other rewards after each success. Each step may take a different length of time for your child to become comfortable. Examples of steps are:
- 1. See the face mask in different places in your house.
- 2. See family members wear their face masks at home. You can also put the mask on a favorite doll or stuffed animal.
- 3. Touch the face mask with hands.
- 4. Hold the face mask in hands.
- 5. Hold the face mask closer to the face, and even smell it.
- 6. Have the mask touch the face.
- 7. Let the mask cover the nose and mouth.
- 8. Stretch the face mask around the ears.
- 9. Wear the mask on the face.
  - At first, your child may be touching the face mask often, playing with it, or taking it on-andoff. It may be helpful to have your child wear the mask during favorite activities such as when watching a favorite video, playing a favorite game, or getting a piece of a favorite snack. This will show your child that the mask isn't only for situations that are unfamiliar or scary.

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