How to Help Your Child Adapt to Wearing a Mask

**Explain WHY**

Use easy-to-understand language and positive phrasing. For example, "Many people are sick right now. Wearing a mask will protect you from germs."

**Take a Picture**

Ask family members or friends to take pictures of themselves wearing masks. You can even arrange a virtual get together so everyone can show off their masks.

**Practice Makes Perfect**

Shape the behavior by breaking it down into smaller steps. Then practice & reinforce each step:
1. Holding the mask.
2. Putting it against his or her face.
3. Securing the elastic.

**Let's Pretend**

Integrate masks into your favorite pretend play schemes.
Encourage your child to dress up as a doctor, nurse, or veterinarian.

**Get Creative**

Allow your child to decorate their mask using crayons or markers.

If you are planning to make a DIY cloth mask, allow him/her to pick the fabric color or pattern.

**Stuffed Animals & Dolls Need Masks Too**

Put a mask on your child’s favorite stuffed animal or doll as a reminder that we are all in this together!

- Some ideas include: a scarf, balaclava or bandana

**Start with Familiar Clothing**

Choose clothing that your child already wears and turn it into a mask.

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