



Mask Tolerance



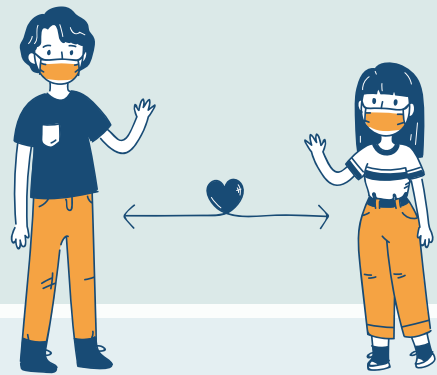
Show

- Model wearing a face mask appropriately
- Let your child touch and feel the mask, put a mask on their stuffed animal, doll, or others in the family
- Video call to show family modeling their face masks



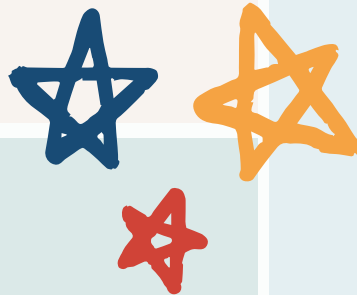
Share the Why

- Talk about the importance of keeping ourselves and others healthy, including hand washing, mask wearing, and social distancing
- Give information appropriate to their level of understanding
- Try using a social story



Have Fun

- Decorate masks with markers or stickers
- Have mask options with different colors, characters, or designs



Play Pretend

- Pretend to be ninjas, doctors, superheroes, Star Wars characters, or any pretend play schemes while wearing masks
- Use lots of imagination while playing dress up or pretending to care for a stuffed animal



Prepare to Wear

- Heavy work is calming to the body
- Provide opportunities for your child to carry, pull, push, and squeeze objects prior to wearing a mask for a calming effect

Practice

- Practice wearing face masks at home for short increments of time (can use a timer)
- Add mask wearing into your daily routine, normalizing the wear can make it more familiar and predictable
- Break the steps down:
 1. Hold the mask
 2. Bring the mask near face
 3. Secure elastic around ears



Mask Variety

- Experiment with different fabrics or trial a face shield to find the best fit
- Try extenders for the straps to avoid discomfort or tightness around the ears



Supporting children where they live, learn, and play.

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