

Face Mask Toleration For Children

KEY TO DESENSITIZATION:

- Start Small
- Go Slow
- Pair it with Positives
- Incorporate your Child's Interests
- PRACTICE PRACTICE PRACTICE

Picking out/Getting a mask: If you can let your child have any choice with the mask it can be **EXTREMELY** helpful (color, shape, material).

If your child has sensory issues with materials, look at using one of their old cotton t-shirts or pants.



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Steps to Tolerating a Face Mask



1. Expose child in a playful or fun way through modeling (Stuffed animal, Parents, Siblings, Grandparents)



2. Start by getting your child comfortable through touching. Model touching and play a game of touch tag with masks.



3. Have them hold it and look at it progressively for 5 then to 10 seconds. Counting out loud can be helpful, as well as a parent modeling.



4. Have them hold it near their face and slowly increase the time. See step 3.

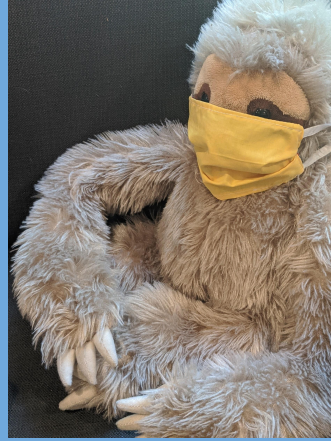
ONLY MOVE TO THE NEXT STEP WHEN YOUR CHILD APPEARS INDEPENDENT, UNAFRAID, AND WILLING TO DO THE STEP. REINFORCE FOR EVERY STEP (Positive praise, time with a preferred activity or item they don't normally get)

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5. Have them touch the mask to their face and slowly increase the time. See step 3.



6. Have them put the mask on and slowly increase the amount of time. See step 3.



7. To slowly increase the amount of time to longer and longer. Let them wear it with a preferred activity and to the length of time needed to go to the appointment or be out of the house.



8. Begin to practice outside and during various kinds of activities from preferred to less preferred. Work up to the desired amount of time.

IF YOU ARE ENCOUNTERING SIGNIFICANT DIFFICULTY, PLEASE CONTACT AND WORK WITH A PROFESSIONAL.

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