

# HELPING STUDENTS GET COMFORTABLE WEARING A MASK

## PROVIDE CHOICES

- Include the student in the decision making process.
- Allow them to select the type, design, and material used to make the mask.
- Use fabric that has a preferred design such as trains, insects, or super heroes.



## PRACTICE

- Have the student practice wearing the face mask at home first.

## CHANGES

- Replace or change things that are uncomfortable
- Try a different style of mask

## USE SOFT MATERIALS

- A mask made out of soft cotton, a bandana or other preferred fabric may work better.
- Experiment with elastic behind the ears verses something tied behind the head.
- The CDC recommends that homemade masks cover the nose, mouth, and chin and are washed after each use.



## MAKE IT FUN!

- Make a game about wearing the mask.
- Practice putting a mask on a favorite toy.
- Engage in preferred activities while wearing the mask.



## REINFORCE, REINFORCE, REINFORCE!

*Be sure to have a variety of preferred rewards available so you can reinforce the student often.*