













































MASK PRACTICING INSTRUCTIONS

1. **Introduce the mask during a preferred activity, such as screen time or coloring.** It is better to practice while everyone is calm and comfortable.
2. **Praise appropriate behaviors (e.g., nice hands, being calm and taking slow breaths).** These are the things you want your child **TO DO**. Give frequent positive feedback when they display those behaviors. Limit attention for all negative or inappropriate behaviors.
3. **Keep practice sessions very brief, but practice frequently!** Repetition is key. Practice really does make perfect.
4. **Have realistic expectations. Start with small goals and gradually increase them.** Start by having your child wear the mask for a brief amount of time and gradually increase the amount of time based on your child becoming more comfortable wearing the mask. This way you are telling them when it's ok to remove the mask and they are not removing the mask because they are upset. If you have to start at 15 seconds that is OK! If you have to start with the mask sitting next to your child first that is OK! But keep practicing and praising!
5. **Be clear about expectations before you begin.** Use the behavior chart provided and complete multiple practice sessions. Review the positive behaviors you are expecting and set a goal with your child prior to each practice. Initially your goal on your behavior chart should also be small (2 out of 4 smiley faces) then as your child succeeds you can increase your expectations in future practice sessions.
6. **Always end on success (completion of the task).** End the practice session because of success and not refusal of mask practice. Review the behavior chart with your child and provide your child's favorite reward if the goal was met. "Because you did your practice calmly and met your goal you earned a prize!" If goal was not met provide attention for desired behaviors achieved and that there will be another opportunity to practice. Limit attention for any undesired behaviors.
7. **Continue to Practice!!!** After your child has successfully built up tolerance to their mask during preferred activities continue to practice but increase the difficulty of the practice sessions by having them engage in other activities while wearing the mask, such as chores, schoolwork, etc. Start with brief and easy tasks. Parents should still be providing frequent praise and a reward for meeting their goal.
8. **Provide opportunities to practice outside of the home.** Set expectations, goals, provide frequent praise and provide your child a reward for meeting their goal.

Mask Practice

	Key: No = did not demonstrate skill				Yes = full demonstration of skill			
Desired Behavior								
I had nice hands 	 Yes No	 Yes No	 Yes No	 Yes No	 Yes No	 Yes No	 Yes No	 Yes No
I took slow breaths 	 Yes No	 Yes No	 Yes No	 Yes No	 Yes No	 Yes No	 Yes No	 Yes No
I Stayed Calm 	 Yes No	 Yes No	 Yes No	 Yes No	 Yes No	 Yes No	 Yes No	 Yes No
I Listened 	 Yes No	 Yes No	 Yes No	 Yes No	 Yes No	 Yes No	 Yes No	 Yes No

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If I get _____  I get a _____ 

