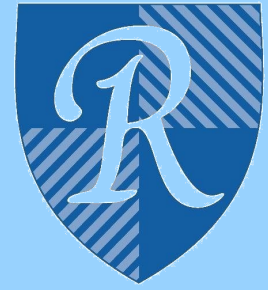
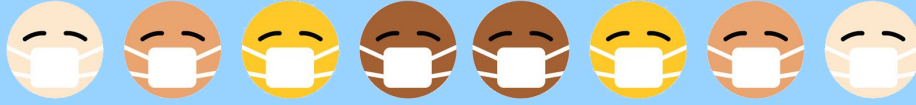


Get Ready to Mask!



Familiarize

- Model wearing a mask for your child to allow them to get used to the look.
- Video chat with family and friends who are wearing masks.
- See if you can find photos of favorite celebrities wearing masks online.

Play!



- Use masks in pretend play! Have your child dress their action figures, stuffed animals, and/or dolls with masks.
- Decorate your masks!
- Look for masks with fun designs or characters!
- Wear your mask and pretend you are a doctor, superhero, Star Wars character, or simply an everyday responsible citizen!



Learn

- Discuss mask wearing as an important part of keeping everyone safe. This includes handwashing, social distancing, and other precautions your family is taking.
- Use information appropriate to your child's learning needs, check out youtube, and read social stories!

Prepare

- Heavy work and deep pressure can be calming. You can provide heavy work to your body by doing resistive exercise.
- You can provide heavy work to your mouth and cheeks by:
 - Blowing bubbles
 - Chewing gum
 - Having a crunchy or chewy snack
 - Moving pompoms or other lightweight objects by sucking/blowing a straw.
 - Drinking thick smoothies with straws.



Practice



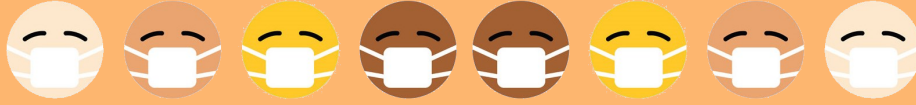
- Start to practice wearing your mask while you play or while watching a TV show. Keep track, and see if you can wear it for longer each time you try!
- Practice putting on and taking off a mask by touching the loops only!
- Practice using proper handwashing techniques and social distancing guidelines throughout the day!

Explore



- Explore certain fits or fabrics to find the most comfortable!
- Try a loop extender or hats/headbands with hooks or buttons to hold your loops!
- Consider the scent of the material or detergent and whether it is comfortable.

Get Ready to Mask!



Familiarize

- Consider wearing masks in the home to get used to the look.
- Video chat with family and friends while wearing masks.
- See if you can find photos of favorite celebrities wearing masks online.

Use your creativity!

- Personalize your masks by embroidering, sewing sequins/beads/patches, or drawing with fabric markers.
- Look for masks with fun designs!



Learn

- Discuss mask wearing as an important part of keeping everyone safe. This includes handwashing, social distancing, and other precautions your family is taking.
- Look for youtube videos that discuss the science behind face covering, hand washing, and physical distancing.
- Learn about correct and incorrect ways to wear a mask.



Prepare

- Heavy work and deep pressure can be calming. You can provide heavy work to your body by doing resistive exercise.
- You can provide heavy work to your mouth and cheeks by:
 - Chewing gum
 - Having a crunchy or chewy snack
 - Drinking thick smoothies with straws
 - Massaging your cheeks and jaw
 - Using an electric toothbrush



Practice

- Start to practice wearing your mask while you play video games or while watching a TV show. Keep track, and see if you can wear it for longer each time you try!
- Practice putting on and taking off a mask by touching the loops only!
- Practice using proper handwashing techniques and social distancing guidelines throughout the day, even when at home!



Explore

- Explore certain fits or fabrics to find the most comfortable!
- Try a loop extender or hats/headbands with hooks or buttons to hold your loops!
- Consider the scent of the material or detergent and whether it is comfortable.