

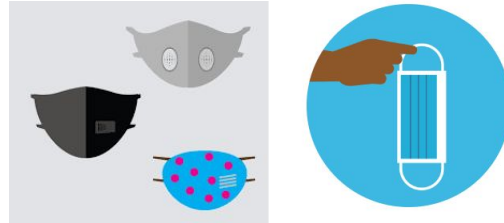


## Task Analysis for Wearing a Mask

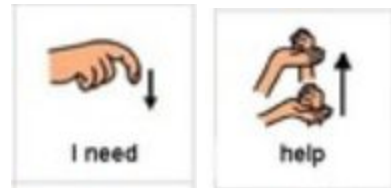
1. Wash hands with soap  
& water.



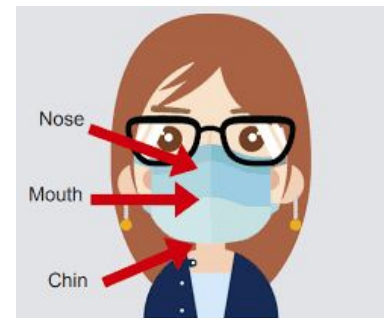
2. Hold facemask by string.



3. Put a facemask on.  
a. I might need to ask  
for “*Help*”



4. Check facemask:  
a. Covering my nose  
b. Covering my mouth  
c. Covering my chin



### **Resources:**

<https://paaautism.org/resource/wearing-mask-social-story/>

<https://afirm.fpg.unc.edu/sites/afirm.fpg.unc.edu/files/covid-resources/Support%20Understanding%20Strategy%20Packet.pdf>



# How to Help Your Child Adapt to Wearing a Mask



## Explain WHY

Use easy-to-understand language and positive phrasing.



For example, "Many people are sick right now. Wearing a mask will protect you from germs."

## Take a Picture

Ask family members or friends to take pictures of themselves wearing masks.

You can even arrange a virtual get together so everyone can show off their masks.



## Practice Makes Perfect

Shape the behavior by breaking it down into smaller steps. Then practice & reinforce each step.

1. Holding the mask.
2. Putting it against his or her face.
3. Securing the elastic.



## Let's Pretend

Integrate masks into your favorite pretend play schemes.

Encourage your child to dress up as a doctor, nurse, or veterinarian.



## Get Creative

Allow your child to decorate their mask using crayons or markers.

If you are planning to make a DIY cloth mask, allow him/her to pick the fabric color or pattern.



## Start with Familiar Clothing

Choose clothing that your child already wears and turn it into a mask.

Some ideas include: a scarf, balaclava or bandana



## Stuffed Animals & Dolls Need Masks Too

Put a mask on your child's favorite stuffed animal or doll as a reminder that we are all in this together!



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# CENTER FOR DEVELOPMENT & DISABILITY

## WEARING A MASK

Because of coronavirus, I need to wear a mask when I go places.



People in my family, neighborhood, and community are wearing masks.



My mask keeps me safe.



Your mask keeps me safe.



I need to wear a mask even if I feel healthy.



It is important to wear a mask every time I leave the house.



PAautism.org

Pennsylvania's leading source of autism-related resources and information  
877-231-4244

The ASERT Collaborative is funded by the Office of Developmental Programs, PA Department of Human Services.

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USANDO UNA MÁSCARA

Se recomienda usar mascarilla durante una emergencia como la del coronavirus para ayudar a protegernos.



Los miembros de mi familia, mi vecindario y mi comunidad están usando mascarilla.



Mi mascarilla te mantiene seguro.



Tu mascarilla me mantiene seguro.



Necesito usar una mascarilla, aunque no esté enfermo.



Es importante que use una mascarilla cada vez que salgo de mi casa para ir a caminar o jugar afuera, a la tienda o al médico.



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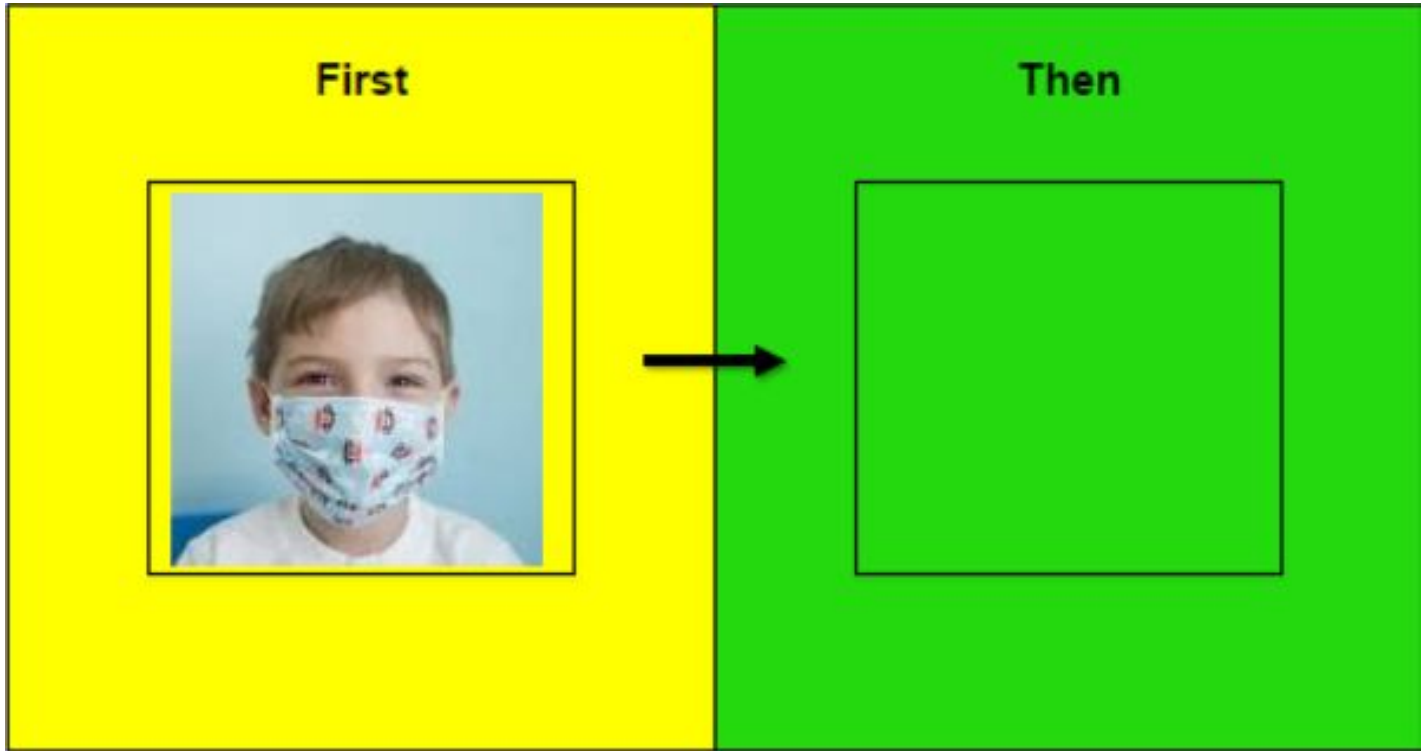
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