

Motivating Your Child to keep Masks on!

Ensuring your child wears a mask can be a daunting task, but is necessary to ensure safety at this time. For some, this may be easy, but for others, mask wearing can be very difficult. To help your child keep his/her mask on, we can use the same types of Behavior Analytic techniques that we use to shape any behavior. Here are some strategies to put into place.

1. Offer Choices. Walking down the street, it is evident that people have preferences on the shape, style, and design of a mask! This can be an effective strategy for your child. Consider selecting several fun and preferred masks to use. Then, give your child a choice of which mask he/she would like to wear.
2. Provide visual supports for mask wearing in addition to modeling the use of a mask. Just like using a picture of a chair for sitting, place pictures of someone wearing a mask in various places around your home. Here are some examples:



3. Designate token board for Mask Wearing. Place a picture of mask wearing on a token board. Have your child earn a token for continually wearing the mask for a designated period of time. Follow all techniques in “How to: Using a Token Board,” (attached).



4. Provide Positive Feedback!! Catch your child being good!!!! Provide verbal praise at every effort he/she makes wearing their mask. When you provide your child with positive feedback make it behavior specific (“I love how you are wearing your mask!) with lots of enthusiasm (attached find “Positive Feedback” strategies). **PRACTICE MASK WEARING DURING ALL REMOTE INSTRUCTION!!**