

My Mask Wearing Plan



Starting point: _____

Time how long your child tolerates a mask now.

Instructions:

Add a small increment of time to your starting point. Provide a good reinforcer for your child wearing the mask that long. Check off when they are successful and move on to the next step by adding another small increment of time.

Tips:

- Don't make your steps too big. If your child is struggling, make the time jumps smaller. It's okay to take a few tries at each step, but don't let them struggle.
- Use a good reward for each step! What is your child into? Use that!
- Use a reward chart (token economy). See the one provided here.
- Use pairing to make the mask wearing experience more pleasant.

Step #2 time: _____

Success!

Step #3 time: _____

Success!

Step #4 time: _____

Success!

Step #5 time: _____

Success!

Step #6 time: _____

Success!

Step #7 time: _____

Success!

Step #8 time: _____

Success!

Goal time : _____

How long you want/ need your child to wear a mask properly.

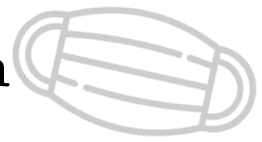
I can wear my mask!

Time: _____	Time: _____	Time: _____
Time: _____	Time: _____	Time: _____
Time: _____	Time: _____	I did it!
Time: _____	Time: _____	

Instructions:

1. Write in each time amount for small steps along the way.
2. Put a sticker or draw a happy face in each box when successful.
3. Move on to the next step and give reward for that step.
4. Give a BIG reward for reaching the goal!

My Mask Wearing Plan



Starting point: 15 minutes _____ Time how long your child tolerates a mask now.

Instructions:

Add a small increment of time to your starting point. Provide a good reinforcer for your child wearing the mask that long. Check off when they are successful and move on to the next step by adding another small increment of time.

Tips:

- Don't make your steps too big. If your child is struggling, make the time jumps smaller. It's okay to take a few tries at each step, but don't let them struggle.
- Use a good reward for each step! What is your child into? Use that!
- Use a reward chart (token economy). See the one provided here.
- Use pairing to make the mask wearing experience more pleasant.

SAMPLE

Step #2 time: 20 minutes Success!

Step #3 time: 30 minutes Success!

Step #4 time: 45 minutes Success!

Step #5 time: 60 minutes Success!

Step #6 time: 75 minutes Success!

Step #7 time: 90 minutes Success!

Step #8 time: 105 minutes Success!

Goal time : 2 HOURS _____ How long you want/ need your child to wear a mask properly.