

I am a Super Hero!!!



I can wear a Mask!!

Message to Families

The goals of this story is to help your child have a better understanding of why to wear a mask and how to make it easier for them.

It will take some practice for your child to be able to wear a mask. You will want to think about these things as you proceed:

- Find a mask that is the preferred texture if this is an issue for your child (such soft, design, etc.)
- Begin by reading this book several times before trying on mask
- Family members should wear masks too in order to model proper safety
- Start by having your child wear the mask for just a few minutes at a time.
- Work up to wearing the mask for longer periods of time
- Think about praise and reinforcement for mask wearing behaviors.
- If your child is in therapy or school, work with them to create a behavior plan for mask wearing

I see people wearing masks. Why do they do that?



There is a virus call Covid 19 that can make us sick.



- ← (a real germ is even smaller than this!)

You can't see, smell or hear Covid 19. It is a small germ that can go from person to person.

I can wear a mask so the germs don't get in my mouth or nose.



I can also wash my hands.

I should wear a mask when I go places that other people go.



Therapy rooms; church; stores....

Where else?

I will practice wearing my mask at home.

It goes over my mouth and nose.



I can still breath in it. I don't have to worry about not being able to breath.

My mouth or my nose may get hot!



If it does, I can pull the mask out a little from my nose to get cool air.

If the air gets stinky in my mask it may be because my breath is stinky!



I can brush my teeth to make the air smell better.

The mask may feel scratchy on my face. My family can find me a soft mask.



And I will practice wearing it at home. I can get used to how it feels.

I will pretend I am a super hero who wears a mask. Then I can make it fun.



Maybe my family can find a mask with super heros on it.

Wearing a mask helps me not get sick.



And if I get sick, other people won't get my germs.

I won't have to wear a mask all of my life. When the germ goes away, I can stop wearing a mask.



Until then, I can be brave and safe! And proud that I am keeping other people safe!!!

Story created by

Jayne Bellando, Ph.D.

With special thanks to

Shanetta Gibson

Whitney Taylor, APRN

Shari Gaudette, Ph.D.

And especially our Hero, Shaye!



Community Based Autism Liaison and Treatment Project

(a joint program between UAMS Dept. of Pediatrics and Title V
Children with Chronic Health Care Conditions)