

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 we wear a mask and how to help them adjust to wearing one.

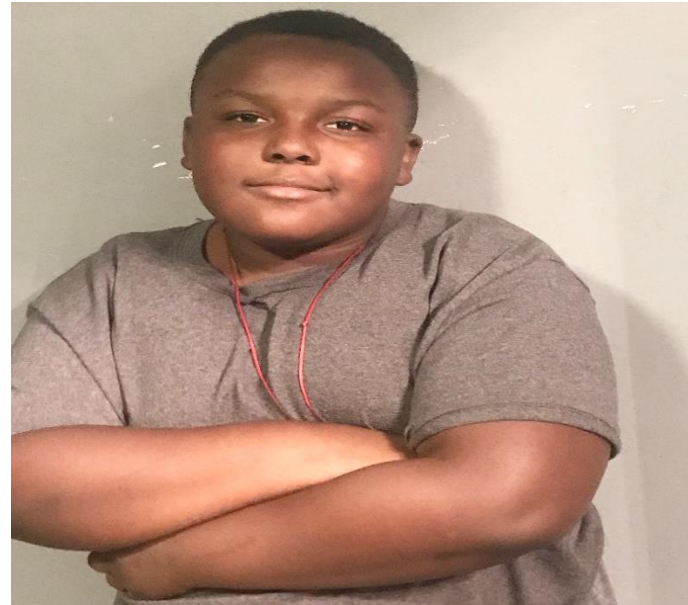
It will take some practice for your child to be able to wear a mask. You will want to think about these things as you proceed:

- Find a mask that is the preferred texture if this is an issue for your child (such soft, design, etc.)
- Begin by reading this story to your child 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 wear a mask so the germs don't get in my mouth or nose.



I can also wash my hands to keep safe.

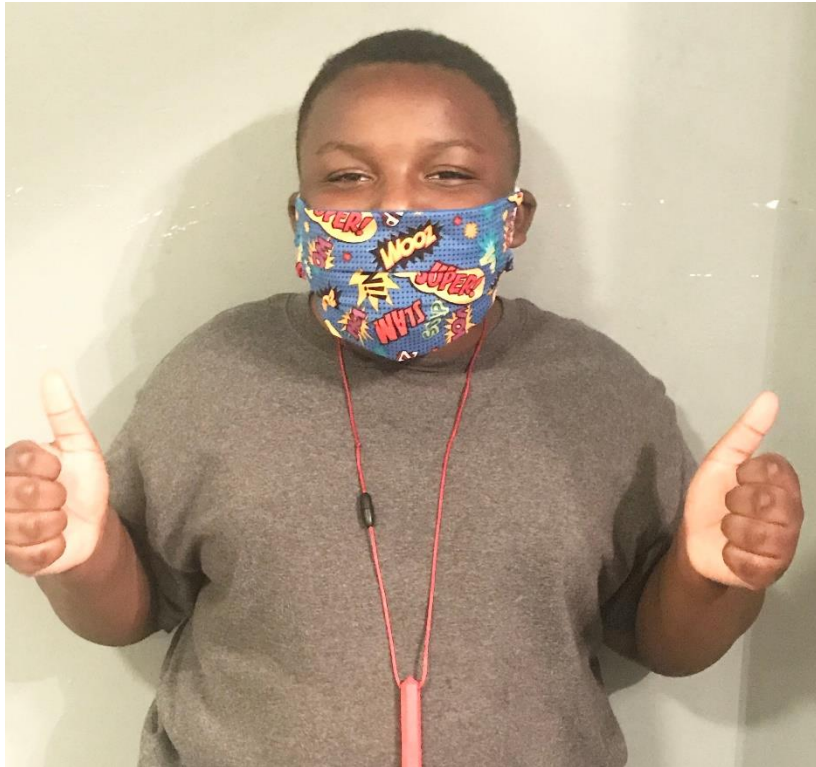
I should wear a mask when I go places that other people go.



Therapy rooms; church; stores....

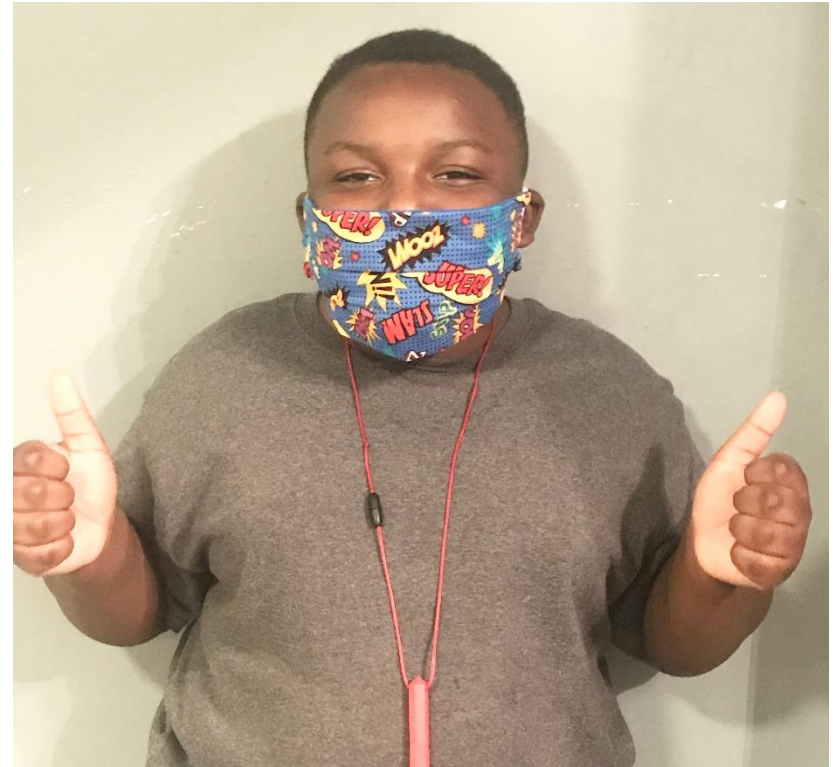
Where else?

**I will practice wearing my mask at home.
It goes over my mouth and nose.**



I can still breathe in it. yay!!!

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!



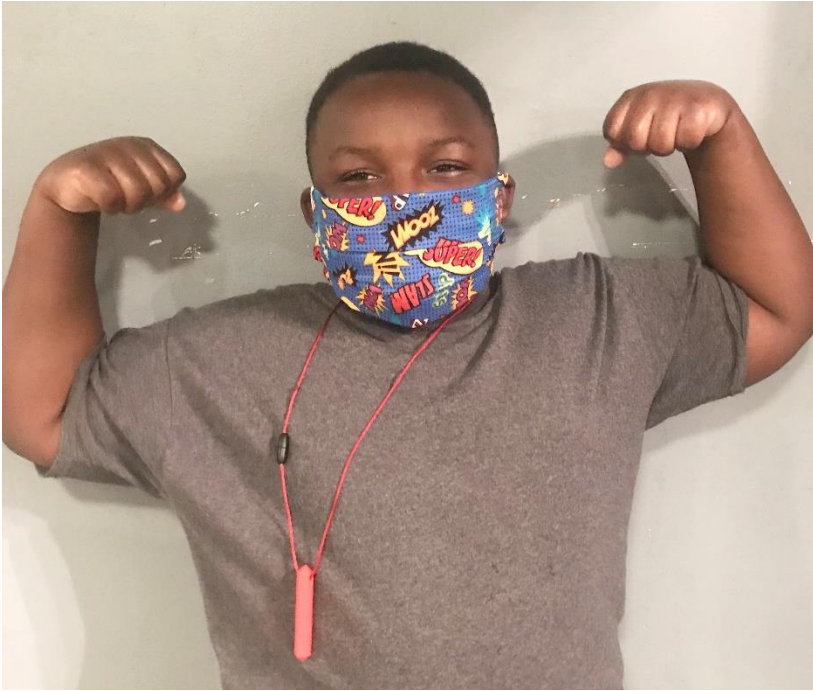
I can brush my teeth to make the air smell better.

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.



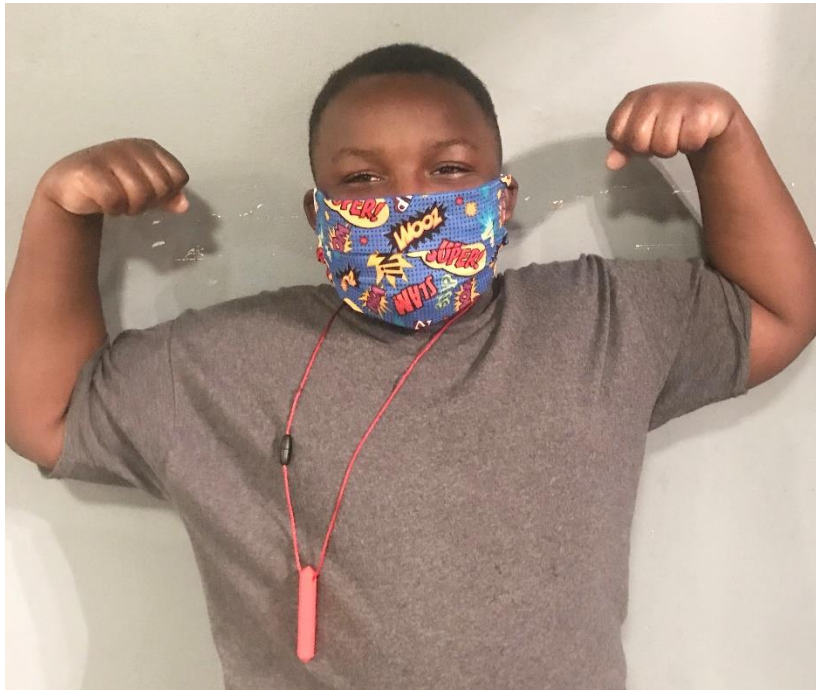
Maybe my family can find a mask with super heros on it.

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!!!

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With special thanks to

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And especially our Hero, Jeremiah!



Community Based Autism Liaison and Treatment Project

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