



Dear BCE Parents and Guardians,

I hope you're having a wonderful summer and finding time to get outdoors and enjoy Utah's beautiful weather. As you would have heard, Jordan School District announced that school will resume in August 2020 with options for at-School learning or full time virtual learning from home. Although the updated reopening plan will not be sent out until later this month, I wanted to provide you with some resources to help your students get used to wearing a mask and washing their hands, if you opt for the at-school learning option.

It would be greatly appreciated if you could begin the process of normalizing these practices with your child before they go back to school. Despite the circumstances, it is our goal to make the transition back to school as smooth as possible and we can't do it without your help. Please see below the Center for Disease Control (CDC) recommendations for making and wearing a cloth covering. In addition, there are posters with suggestions on how to help your child wear their mask, along with resources on teaching hand washing.

Once again, we greatly appreciate your cooperation getting your student ready to return to school in the fall. In the meantime, please stay safe and healthy and enjoy the remainder of your summer.

Sincerely,

Morgan Hunter, Ed.S
School Psychologist
Butterfield Canyon Elementary
Jordan School District, UT

Resources:

How to Make a Cloth Face Covering (CDC recommendations):

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-make-cloth-face-covering.html>

How to Wear a Cloth Face Covering (CDC recommendations):

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wear-cloth-face-coverings.html>

Healthy Hand Washing Habits:

<https://www.thehangoutspotllc.com/wp-content/uploads/2020/05/The-Hangout-Spot-Healthy-Hand-Washing-Habits.pdf>

COVID-19 Social Story:

https://www.autismresourcecentral.org/wp-content/uploads/2020/04/king_covid_and_the_kids_who_cared_abridged_1.pdf

How to Help Your Child Adapt to Wearing a Mask

7 Quick Tips for Parents

BIPS

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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KIDS WEARING MASKS CLIPART BY: BUNNY ON A CLOUD

How to Help Your Child Get Used to a Face Mask

When you come to see your Nemours doctor, you and your child will both need to wear a mask. Health experts recommend everyone age 2 and older wear a mask whenever they are out in public. Wondering how you can help your child get used to wearing a mask? **Just follow these tips:**



1. Explain WHY kids and adults are wearing a mask

- Keep it simple: "I wear a mask to keep you safe. You wear a mask to keep me safe."
- Talk about teamwork and that families can do this together.
- Be calm and listen to your child's concerns.



2. NORMALIZE wearing a mask

- Remind your child we wear many things to keep ourselves safe: shoes to protect our feet, a jacket to protect against cold, sunscreen to protect our skin. Now, we wear a mask in public to keep everyone safe from germs.
- Help your child see other people are wearing masks too. Play a game when you're out: do you see a person with a green shirt wearing a mask? Do you see a person with blue shorts wearing a mask?
- Read the Nemours social story on masking together. The story can be found in the COVID-19 section of Nemours.org.



3. Be a GOOD ROLE MODEL

- When you wear a mask, you are teaching your child what to do.
- Emphasize that you're following guidelines to keep others safe.
- Wear your mask at home to help your child adjust and better understand.



4. Let your child PRACTICE wearing a mask at home before wearing one out in public

- Leave clean masks around the house, let kids touch and play with them.
- Your younger child may think it's fun to try the mask on a stuffed animal first.
- Start by having your child hold a mask to their face, and then wear the mask for short periods to adjust to it.
- Let your child do a fun activity (play a game, watch a show) while wearing the mask.

5. ADAPT to your child's preferences

- Try different materials to see which your child likes the best.
- Try different designs (behind head, over ears, attached to a hat) if there is discomfort.
- Try a fabric with images your child loves – dogs, superheroes, etc.
- If the smell bothers them, try using a scented lip balm before placing the mask.

At Nemours, the safety of our patients, families and associates is our top priority. If you know your child will not or cannot wear a mask due to sensory or behavioral issues, please let us know before your appointment so we can find the best solution together.

Your child. Our promise.

[Nemours.org](https://www.nemours.org)

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Nemours. Children's Health System

HOW TO WEAR YOUR MASK

CORRECT:



Cover your nose and mouth completely all the way down under your chin.

Clean your hands before touching the mask, and before and after removing the mask. Don't share your mask with others.

INCORRECT:



DON'T: Wear the mask under your nose.



DON'T: Leave your chin exposed.



DON'T: Wear the mask under your chin on your neck.



DON'T: Let children under 2 years old wear masks.

Getting through the day with your mask



Use these helpful tips to properly wear and store your mask throughout your day.

How to wear your mask.



Wear your mask secure over your mouth and nose.



Secure your mask behind both of your ears.

How to store your mask when going to the bathroom, taking a drink or eating.



Place your mask on a clean paper towel. *(Exterior of the mask facing down with the ties placed away from the inside.)*



Store your mask in a clean paper bag.

How NOT to wear your mask.



Do not wear your mask under your mouth.



Do not pull your mask under chin, even to drink.



Do not wear your mask on your elbow.



Do not hang your mask from one ear.

Remember to always use proper hand hygiene before putting on and taking off your mask.