

In King County residents are strongly urged to wear a face mask when shopping or in areas that it is difficult to keep six feet away from others starting Monday May 18<sup>th</sup>. The directive includes children ages 2 through 12 however, it also states that “anyone with a disability that makes it hard for them to wear or remove a face covering” does not need to wear one. We know that wearing a face covering may be very challenging for some of our students. Here are some ideas to try.

- Model wearing a face mask so that your child can get used to seeing you in one.
- Have your child practice wearing a face mask on your deck or in your backyard.
- Use a hand mirror that has a face mask cut out on it so that your child can see what they would look like wearing a mask.
- Find masks with favorite characters on them.
- Use first/then language to encourage use of face masks. “First face mask, then a walk.”
- Obtain a note from your doctor explaining why your child will not wear a face covering.
- Decide as a family if or how you want to respond to people who question you in the community.
  - “My child has a developmental disability and will not wear a face mask.”
  - “My child has a disability and does not tolerate wearing a mask.”



My child has a developmental  
disablility and will  
not wear a face mask.

