

# Checklist to Prepare Your Student for In-Person Learning with Face Coverings at **The Cove School**



## Plan and Prepare

- Have multiple face coverings, so you can wash them daily and have back-ups ready.
- Label your child's cloth face coverings clearly in a permanent marker so that they are not confused with those of other children.
- Consider providing your child with a container (e.g., labeled, resealable bag) to store their face covering when it is not being worn (e.g., when eating).

## Build Comfort Surrounding Face Coverings

- As a family, model wearing cloth face coverings, especially when social distancing is difficult to maintain.
- Praise your child for wearing a face covering correctly.
- Put a face covering on favorite stuffed animals or toys.
- Draw a face covering on a favorite book character.
- Show images of other children wearing face coverings.
- Allow your child to choose a face covering that considers their sensory needs.

## Practice Makes Perfect

- Start by wearing face coverings during preferred activities.
- Watch Mr. Laube and Ms. Aniolowski's video while wearing a face covering.
- Slowly increase the amount of time your child is wearing a mask during the day.
- Practice with your child putting on and taking off face coverings without touching the cloth.

## Take Care of Your Household's Emotional Health

- Talk with your child and answer their questions - let them voice out their fears or worries.
- Validate your child's feelings about wearing face coverings - communicate that what they are feeling is normal.
- Reach out to Cove for support - we hear you and are here for you.