

Practice Tips For Families



Wearing Face Coverings in School



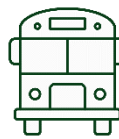
Montville Township
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To practice wearing face coverings when moving around the school and classroom, start practicing at home, when **on the move**. Practice wearing face coverings when walking to and from the car, unloading groceries, and when moving things around the home (inside and out.)



Practice wearing face coverings in the **bathroom**. Keep a “bathroom mask” hanging from the bathroom doorknob as a reminder to practice.



For **bus riders**, practice wearing a face covering in the car, for every ride up to 10 minutes (then expand to 20.) Take some dry runs to and from school, taking lots of detours to mimic bus stops.



Build endurance by practicing during preferred activities (playing video games, computer games, watching tv, playing with favorite toys, etc.) Set a daily goal of 15 min practice during these times. For young children, remind them that superheros wear masks!



Model and relate by doing these tasks with your child. Be genuine about the challenges you are overcoming together. Affirm and praise your child’s resilience.