



While You're Waiting

**One Mask, Two Mask, Red Mask, Blue Mask:**  
Practical Mask Strategies for Health and Safety




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February 3, 2022

**One Mask, Two Mask, Red Mask, Blue Mask:**  
Practical Mask Strategies for Health and Safety

**Host**  
Gail Joseph, NCECDTL

**Special Guests**  
Neal Horen, HBHS  
Nancy Topping-Tailby, HBHS




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**Special Guest**

**Neal Horen**

National Center on Health, Behavioral Health, and Safety  
Georgetown University Center for Child and Human Development




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**Special Guest**  
**Nancy Topping-Tailby**  
 National Center on Health, Behavioral Health, and Safety




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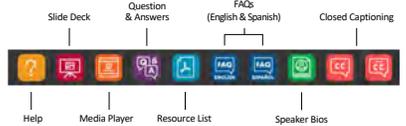
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**Webinar Features**



Slide Deck    Question & Answers    FAQs (English & Spanish)    Closed Captioning

Help    Media Player    Resource List    Speaker Bios




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**Viewer's Guide**




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### Learning Objectives

- Increase understanding of the importance of wearing masks in early childhood programs
- Learn practical strategies to promote and support mask wearing
- Learn practical strategies for fostering emotional literacy in young children while mask wearing

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### Today's Special Episode

- I. Importance of mask wearing
- II. Positive behavioral support for preparing for mask wearing
- III. Mask hygiene and safety
- IV. Positive behavioral support for mask wearing
- V. The Masked Teacher: Practical strategies for supporting social and emotional development while wearing a mask
- VI. Small Change Big Impact: Strategies for supporting children with disabilities
- VII. The Book CASE
- VIII. All About You!
- IX. Q & A

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### The Feelings Tree

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Video: Office of Head Start




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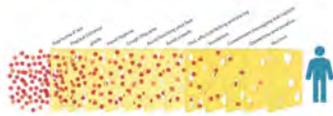
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Reducing the Risk of COVID-19

**The Swiss Cheese COVID-19 Risk Reduction Model**



Viruses can pass through the holes. Multiple layers reduce the risk.



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Mask Wearing for Adults



- Per the CDC, when people wear a mask correctly and consistently, they protect others and themselves
- Wear a mask when indoors in public spaces
- Completely cover your nose, mouth, and chin
- Find a mask that fits snugly against the sides of your face and doesn't have gaps.

From: CDC Guide to Masks

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### Mask Wearing for Children



- Children older than 2, wear a mask when indoors in public spaces
- Identify masks that are made for children to ensure proper fit.
- Check to be sure the mask fits snugly over the nose and mouth and under the chin and that there are no gaps around the sides
- Do not put a mask on children younger than 2 years old.

From: CDC Guide to Masks

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### When Not to Wear a Mask



- Children who are eating or drinking, napping, or brushing teeth
- A child who has a special health care need, and their health care provider advises the family that their child should use an alternative face covering
- Children who cannot safely wear a mask because of a disability as defined by the Americans with Disabilities Act (ADA)

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### Video: Educators Share



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Prepare Children for Wearing Masks



- Explanation
- Modeling
- Visual Supports
- Video-based instruction
- Rules
- Schedules

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**Explanation**

Explain to children why it is important to wear a mask.

Make the explanation positive. *"We wear a mask to keep ourselves and other people safe. When we wear a mask, the virus can't jump from person to person. Masks stop the virus from moving."*

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**Modeling**

Be a role model for wearing masks.

- Model correct and continued mask wearing
- Be positive about mask wearing around young children

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**Modeling**



Provide opportunities for children to teach others how to wear masks



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**Visual Supports**



**Wear a Mask**  
to protect yourself and others

**Put Mask Away**

Save your mask for next time.



**Throw Mask Away**

Throw mask away in a trash can.



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**Video-based Instruction**



There are several free videos to help explain and encourage mask wearing



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**Be safe**

Take care of toys and put them away

Use words to solve problems

Ask for help

Be safe with toys

Use words to solve problems

Ask for help

**Rules**

- Establish clear rules that include mask wearing
- State rules positively (say what you want them to do)
- Encourage, reinforce, reward – never, ever punish

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**Schedules**

Predictable schedules always support young children

Create a visual schedule that shows children when masks need to be on and when they can be off

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**Mask Hygiene for Adults Wearing Masks**

- Wash your hands or use hand sanitizer before putting on a mask
- Try not to touch the mask when wearing it
- Use a clean or new mask every day
- Do not wear a mask that is wet or dirty

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### Mask Hygiene for Children Wearing Masks



- Try to wash hands or use hand sanitizer before putting on masks.
- Encourage children not to touch the mask when wearing it
- Use a clean or new mask every day.
- Have extra masks available for when children's masks become wet or dirty

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### How to Handle Masks



- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold the outside corners together
- Be careful not to touch eyes, nose, or mouth when removing
- Try to wash hands or use hand sanitizer before and after handling masks

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### How to Wash and Store Masks



- Wash and dry reusable cloth masks
- If your mask is wet or dirty, keep it in a sealed plastic bag until you can wash it
- To temporarily store a mask that you'll reuse after eating or drinking, keep it in a dry, breathable bag to keep it clean between uses.

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### Support for Ear Sensitivity to Masks

Source: Autism Society

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### Serving Meals Safely

- Keep masks on until children and adults are eating.
- Set up the table with serving dishes, water pitchers, and utensils before the meal
- Seat children farther apart or all facing one direction
- Provide as much fresh air as possible
- Wash hands prior to and immediately after eating
- Clean and sanitize food surfaces before and after meals

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### Teaching Practices for Mask Wearing

- Choice-making
- First-Then
- Redirection
- Reinforce and encourage

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**Choice-making**

Do you want to wear the Miles Morales mask or the Black Panther mask today?



How do you want me to greet you today? An elbow bump? An air hug? A superhero greeting? A wriggle?



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**Choice-making**

Would you like to put your mask on by yourself or would you like for me to help you?



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**First - Then**

**Put Mask Away**  
Save your mask for next time.



First



Then

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**Redirection**

Proximal attention

Sheely has her mask on, Jake has his mask on.

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**Reinforcing Mask Wearing**

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**Preparing for Home Visiting and Mask Wearing**

- Contact family in their preferred language and method in advance of visit with an explanation of the requirement to wear masks
- Bring extra new, clean masks on every visit for adults and children
- Wear an unmasked and smiling photo as a button or on a lanyard

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### Fostering Emotional Literacy

- Teach emotional vocabulary
  - Label emotions throughout the day
  - Use children's books
  - Check in frequently
- Use gestures, sign language and pictures
- Teach children to attend to multiple cues
  - Facial expressions
  - Body signals
  - Tone of voice
- Teach children strategies for handling big feelings



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### Teach Emotional Vocabulary

- Teach children new feeling words
- Label your feelings and others throughout the day



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### Title



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### Feeling Detectives: Attend to Multiple Cues

Pay attention to:

- How someone looks
- How someone sounds
- What happened?



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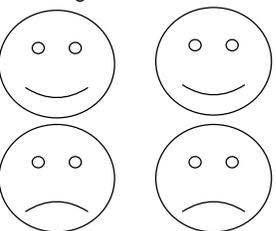
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### Feeling Detectives

Paying attention to clues:

- How someone looks



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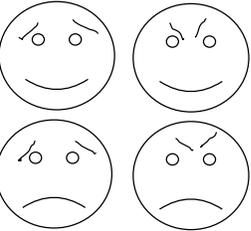
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### Feeling Detectives

Paying attention to clues:

- How someone looks



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**Feeling Detectives**

Paying attention to clues:

- How someone looks
- How someone sounds



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**Feeling Detectives**

Paying attention to clues:

- How someone looks
- How someone sounds
- What happened?



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**Teaching Social and Emotional Skills with Masks On**



Turtle Technique



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Turtle Steps

Breathe 1...2  
...3...I can  
calm down

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Small Change Big Impact

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Video: Social Stories

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Small Change Big Impact

Social stories to support wearing a mask

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Small Change Big Impact

IF YOU GIVE A MOUSE A MASK...

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The BookCASE

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The BookCASE

### Heroes Wear Masks



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It's All About You!



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### Take a Break



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**It's All About You!**

Schedule	Teacher A	Teacher B	Volunteer/Aide/Support
Arrival	Greeting choices Mask reminders	Help children put things away and wash hands	Help children to breakfast table
Breakfast	Eat at Red Table Mask <b>snack</b>	Eat at Blue Table Mask <b>snack</b>	Eat at Yellow Table Mask <b>snack</b>
Outside	Stay inside – sanitize tables & prep circle & small group tables (Mask <b>break</b> if alone)	Outside on field	Outside on asphalt
Circle Time	Lead Circle	<b>Break</b>	Support circle
Small Group	Support Red Table	Support Blue Table	Support Yellow Table
Choice	Zone 1 for 15 minutes <b>Break</b> for 15 minutes Zone 2 for 15 minutes Prep lunch for 10 minutes	Zone 2 for 15 minutes Zone 1 for 15 minutes <b>Break</b> for 15 minutes Zone 1 for 10 minutes	<b>Break</b> for 15 minutes Zone 2 for 15 minutes Zone 1 for 15 minutes Zone 2 for 10 minutes
Lunch/Brush Teeth	Eat at Red Table Mask <b>snack</b> Move to outside and receive children after teeth brushing	Eat at Blue Table Mask <b>snack</b> Teeth brushing	Eat at Yellow Table Mask <b>snack</b> Support children to clean up and move to teeth brushing
Outside	Outside on asphalt	Stay inside and prep nap	Outside on field
Nap/Quiet Activity	Assessments/ <b>Break</b>	Assessments/ <b>Break</b>	<b>Break</b>
Choice			

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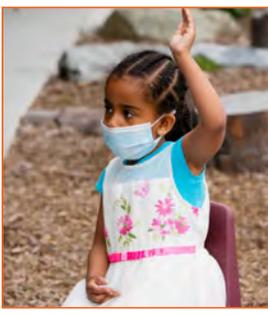
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Questions and  
Answers






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<https://bit.ly/DTL-PUSHPLAY>



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**We Want to Hear From You**

Please take some time to complete the session evaluation.

For more information contact:  
[ecdtl@ecetta.info](mailto:ecdtl@ecetta.info)  
 (Toll-free 1-844-261-3752)

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**Thank You!**

**Join Us For Our Next Episode!**

March 3: Initiative and Curiosity for Preschoolers

April 7: Initiative and Curiosity for Infants and Toddlers

May 5: Creativity for Preschoolers

June 2: Creativity for Infant and Toddlers

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