

There are a few skills you can practice at home to help your child prepare for their upcoming visit.

1 Standing still to have temperature taken

- Having temperature taken only takes a few seconds. Thermometer will have to be within 1 inch of child's face.
- Practice "freezing" or "being a statue" and counting to 10 (count for younger children, older children may enjoy counting with you).
- If you have a forehead thermometer, show it to your child and practice using it while they stand still. Let your child practice using the thermometer on toys, comfort objects, or other family members.
- If you don't have a thermometer, use another household object (e.g., block, flashlight, cellphone) and practice having it close to their head while you count.
- Do something fun when you're done (e.g., dance, tickles, silly pose) or provide a preferred incentive for completing this task successfully.



2 Putting on/taking off mask

- Provide a brief explanation for why a mask is needed (e.g., "We wear masks to help keep everyone healthy.")
- Show your child the mask and let them explore it.
- Show them your mask and let them see you put it on and take it off.
- Help them practice putting it on and taking it off.
- Consider putting a mask on a preferred stuffed animal or doll as well for practice.
- Allow your child to choose a mask that reflects their unique interests, or allow them to decorate a plain mask and personalize it
- Have a family mask photo shoot, or review photos of family and friends wearing masks
- Review social story



3

Waiting while standing on a dot or mark

- Make it a game to practice. Place a series of marks on the floor stickers, tape, scraps of paper, etc. (or practice outside) and practice staying on the mark, jumping to a new mark.
- Incorporate games that may be familiar to your child, such as hopscotch, “the floor is lava,” or “red light, green light” to help your child practice and feel comfortable.
- For older children, explain that this is to help them remember to stand far away from people.
- For younger children, if they usually stay next to you and hold your hand this skill may not be relevant.
- Offer a small snack (e.g., small crackers like goldfish, or small fruit like blueberries) to the child as they’re standing to keep them focused.
- Offer stickers or tokens to child periodically for standing still and waiting (more often is better so you catch them while they’re being good).



4

Using hand sanitizer

- Practice!
- Try it at home to let them get used to the texture of hand sanitizer. Talk about how it smells and feels.
- Make your own hand sanitizer at home with your child, and allow them to choose their favorite scent or color to personalize it. They are welcome to use this sanitizer during their visit to the hospital.
- Sing a fun song while they rub their hands together, or count how long it takes for their hands to feel dry once again.
- Consider offering a small reward when they’re done- e.g., putting a sticker on their shirt or a piece of paper.

