

## Getting used to wearing a mask

Wearing a CPAP or BiPAP™ mask for the first time can be scary or strange for some children. You can help your child get used to the mask. This is called mask desensitization. Your child will wear the mask for short periods each day.

### How do I help my child get used to the mask?

- ❑ Have your child wear the mask for 20 to 30 minutes each day **or**
- ❑ Have your child wear the mask for about 5 minutes each day. Slowly add more time each day. Your child's goal is to wear the mask 30 minutes per day **or**
- ❑ Have your child wear the mask with their CPAP or BiPAP™ machine for 20 to 30 minutes each day.



- When wearing the mask, let your child watch a favorite movie or TV show, read a book, play a game, or anything your child really enjoys. It will help your child connect wearing the mask with something fun and enjoyable.
- After your child is used to wearing the mask, put it on at bedtime. See if they can lay down in bed with the mask on. Children should not sleep with the mask on unless they have their CPAP or BiPAP pressure attached.
- Reward your child for wearing the mask. A reward does not have to cost money. The important thing is to show your child how proud you are of them.

### What if my child still can't get used to wearing the mask?

If this happens it is very important to call the Sleep Center at (414) 266-4924. You can talk to one of our trained staff. They may have other ideas or they may call your sleep doctor.

### For other health and wellness information, check out this resource:

<https://kidshealth.org/ChildrensWi/en/parents>

**ALERT:** Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

**This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.**