

Advice to parents on new mask-wearing arrangements

With mask mandate in place for so long, it is normal for students to feel uncomfortable or even anxious when they are told to take off their masks soon. Parents can help them get prepared psychologically in advance and adapt bit by bit. Here are some advice:

Yes, we do not need to wear a mask soon.

Can I go to school without wearing a mask?



Some children may find it confusing or puzzling. Parents should be patient when explaining the arrangements to them.



Let your child know in advance

Help your child understand the new arrangements ahead and allow them to ask questions

Circumstantial factors

You may choose to wear a mask in crowded places where infection risks are higher.

I think there are benefits of taking off the mask, but ...

Personal factors

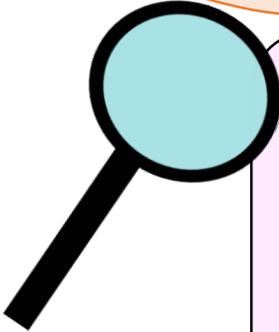
You should consider wearing a mask when having a cough to prevent infecting others.

Parents are advised to discuss with their children about the pros and cons of not wearing a mask based on the circumstantial and their own factors.

Find solutions with your child

Analyse the determining factors and the pros and cons of different decisions

Why do some children feel awkward or anxious?

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- It is because they have got used to wearing a mask and that makes them feel secure and protected. Without a mask, they may be worried about being infected or feel nervous about showing their face.
 - Students with ASD may have negative feelings as it is more difficult for them to adapt to changes. Parents may use Social Story to help students with ASD adjust to changes better. Parents may scan the QR code for more information:



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You don't need to wear a mask starting today. Are you fine with it?

I don't want to take off my mask in the classroom as I don't want others to see my pimples.



If your child feel anxious, listen to their feelings first and find solutions together.



Open to discussion

Maintain communication, recognise your child's feelings and lend them your ear

We have to respect the circumstances of other people as everyone comes from a different background.

Why do some people wear a mask all day long?



Mutual respect

Encourage empathy and respect other people

Early support

- Parents should seek timely help from school guidance personnel if their children are having persistent emotional distress, such as having severe social anxiety or obsessively worrying about their health.

