

DESENSITIZATION TECHNIQUES FOR CHILDREN

Daytime Mask Introduction

The child and parent play together with the mask and machine. The parent puts the mask on a stuffed animal, doll, or themselves to demonstrate mask usage.

5 Minute Intervals: Place the mask, without headgear, (not attached to the hose or the machine) on your child's face for 5 minutes

10 Minute Intervals: Place the mask, without headgear, (not attached to the hose or the machine) on your child's face for 10 minutes

15 Minute Interval: Place the mask, without headgear (not attached to the hose or the machine) on your child's face for 15 minutes

1 Minute Interval: Place the mask with headgear on your child

Repeat the 1 minute interval, slowly increasing the amount of time your child wears the mask and headgear, each practice session.

Nighttime CPAP Introduction

Adjusting to the noise of the CPAP: In the same week that your child is completing the daytime mask introduction, begin turning on the CPAP machine at night without the use of the mask.



DESENSITIZATION TECHNIQUES FOR CHILDREN

Daytime CPAP Introduction

5 Minute Intervals: While sitting watching TV or playing a game, place the mask and headgear on your child. Attach the hose to the mask and turn on the machine.

Increase Intervals: Repeat the step above and increase the amount of time by 5 minutes after each successful practice session.

5 Minute Intervals: While your child is laying down on the bed or couch, place the mask and headgear on your child. Attach the hose to the mask and turn on the machine.

Increase Intervals: Repeat the step above and increase the amount of time by 5 minutes after each successful practice session.

Nighttime CPAP Introduction

15 Minute Intervals: Have your child try to fall asleep with the mask, hose and CPAP turned on.

Continue nightly practice until your child is able to fall asleep with the CPAP. If your child is experiencing difficulty, continue to try in 15 minute intervals.

Check in regularly to make sure your child has not removed the mask. When the mask is accidentally removed, gently place it back on your child's face.



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