

HOW TO HELP KIDS WEAR A MASK

Explain why

Use easy-to-understand language and positive phrasing. For example, 'Many people are sick right now. Wearing a mask will protect you from germs.'



Start with familiar clothing

Choose clothing like a bandana or scarf to practice with before transitioning to a cloth or surgical mask.



Get creative

Allow kids to decorate their mask using crayons/markers or pick out the fabric color and pattern if making a DIY cloth mask.



Practice makes perfect

Use smaller steps and then practice each step.

1. Hold the mask
2. Put the mask against their face
3. Secure the elastic



Take a picture

Ask family members or friends to take pictures of themselves wearing masks.



Play pretend

Use masks when playing pretend. Encourage your child to dress up as a doctor, nurse, or veterinarian. Put masks on stuffed animals and dolls.



Stick to the plan

Be consistent and make it fun. Is your child *Masketeer of the Week*? Use what motivates your child and offer rewards if needed.

