

5 TIPS TO GET KIDS USED TO MASKS



Starting to wear a mask can be scary for kids. Here are a few ideas to help them feel more comfortable “masking up.”



EXPLAIN IT.

Keep it simple to avoid scaring them. Tell them, “Your mask helps protect me, and my mask helps protect you.”



GIVE THEM CHOICE.

Allow kids to select the style, fabric and color they like. Decorating is fine as long as it doesn’t damage the mask.



HAVE THEM PRACTICE.

Practice putting the mask on and taking it off. Wear it at home for short periods of time. Some children adapt quickly, while others might need more practice. Setting goals and offering rewards for good habits can help.



BE A ROLE MODEL.

Wear a mask yourself and talk about how important it is whenever you put it on.



MAKE MASKS FUN.

Help kids create masks for stuffed animals and other toys and incorporate them into play.

AND REMEMBER...

- When it comes to masks, sharing is not caring. Tell kids to keep masks to themselves.
- Cloth masks should be washed after each use.
- Masks are only for kids over age two.
- Have kids wash their hands with you before putting on or taking off a mask.
- Be sure it covers the nose and mouth and is secured under the chin.
- Make sure the wearer can breathe easily and if breathing becomes hard, the mask should be easy to remove.