

TIPS FOR KIDS AND MASK-WEARING

Protect your kids and others.

Let your children have as much control as possible.

Allow children to pick out their own masks and to be an active part of the mask-wearing process.

Incentivize mask-wearing.

Have your children practice wearing a mask and reward them afterwards.

Keep it consistent.

Have your children wear a mask every day. Gradually increase the amount of time, building up to what will be required in school, daycare or other settings.

Use positive reinforcement.

Tell your children what a great job they are doing wearing their masks.

Help your children focus on other things.

Have them wear the mask of their choice while engaging in an activity they enjoy, such as playing a game, watching television or doing arts & crafts.

Be patient.

Have children wear a mask at home before trying this in public. That way they get used to mask-wearing in a familiar environment, and you can help them make adjustments for maximum comfort. It may take a while before children get used to wearing a mask. Consistency is key.

Talk to them.

Remember to talk to your children about why this is important. Remind them that it is only temporary!

