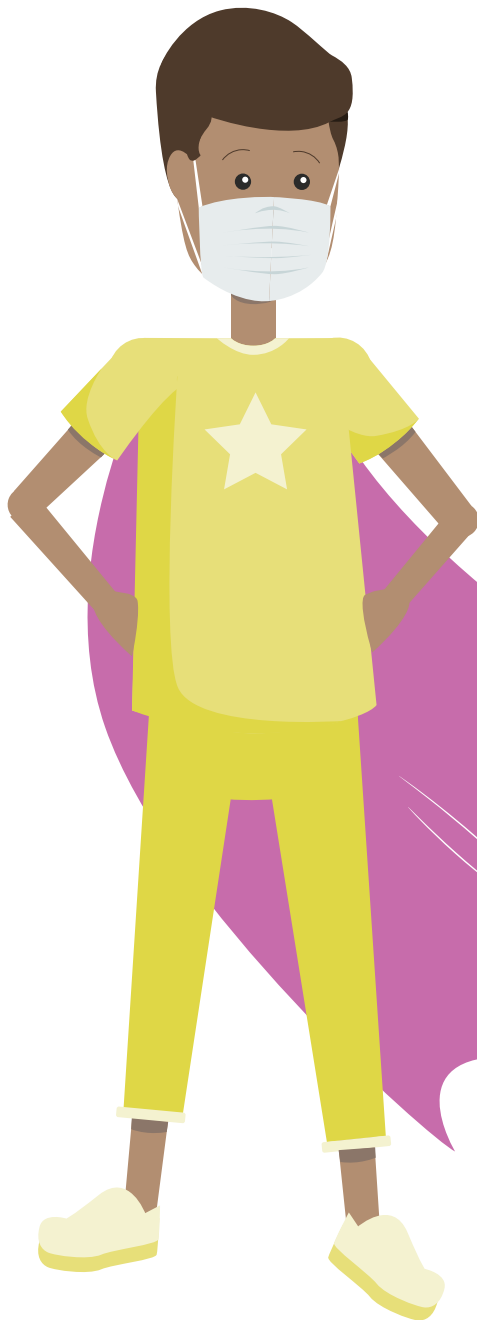


Tips for Helping Kids Wear Masks

My mask protects you, and your mask protects me.

It may be scary for kids to start wearing a mask, here are some tips to help them through it. Masks are only for children over two years old.



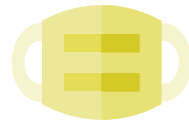
Let them pick it out!

Let kids choose their color or fabric or decorations for their masks. Decorating a mask is fine only if it does not affect the integrity of the mask. Surgical masks should not be decorated.



Wear it properly.

Teach them to wash hands for 20 seconds before touching the mask. Next, put it on and loop it around ears. Make sure to cover the nose, chin and mouth fully. And, if using cloth masks, wash them after every use.



Be a mask role model yourself.

Wear your mask and explain how it keeps both you and others safe.



Make play masks for stuffed animals or dolls.

Help them, using materials around the house, to make mask for their toys.



Practice wearing the mask.

Start at home with short periods of time while doing fun activities. Some may only need a few minutes to adjust, while others may need to practice daily. Gradually work up to 30 minutes.



Follow a plan and offer rewards.

Consistency helps form good habits. Make a plan with your family and stick to it! Find what motivates your child and set some fun goals or small rewards if needed.

We are here for you! As you adapt to all the changes, know you're not alone. Get all our latest care advice at: actionlearningnetwork.org/covid19

Information above sourced from the recommendations of the Centers for Disease Control and Prevention (CDC)