Helping Children Wear Masks

Wearing a mask can be difficult for all of us. How can you teach and help a child to wear a mask?

**PLAN FOR SUCCESS**

- Have multiple masks.
- Look for characters or designs the child enjoys when buying or making masks.
- Try different types of masks to find the right fit for the child.

**PRACTICE TOGETHER**

- Set an example and wear your mask properly.
- Practice with classmates, friends, neighbors, and family.
- Let the child help you put on a mask.

**BE SENSITIVE TO EMOTIONS**

- Practice when the child is well-rested, fed, and in a good mood.
- Plan breaks, especially if the child is overwhelmed or uncooperative.
- Acknowledge frustration.

**MAKE IT FUN — CHILDREN LEARN THROUGH PLAY**

- Make it a game based on the types of activities the child enjoys.
- Have the child draw masks onto pictures of their favorite characters or put a mask on their favorite stuffed animal or doll.
- Provide positive reinforcement as points or awards for things that are difficult for the child. For example, not touching the mask should be encouraged and earn praise or rewards.
- Keep a positive attitude and celebrate successes.
- Treat failures as a chance to try again.