



## Tips for Helping Your Child with Mask-Wearing

- ★ **Help Child Understand The Importance of Wearing a Mask**
- ★ **Validate Your Student's Feelings Around Wearing a Mask**
- ★ **Make Sure The Mask is Comfortable and Fits Correctly**
  - Over the nose and mouth and secured under the chin.
- ★ **Let Your Child Pick Out Their Mask**
  - Provide options that include things that your child likes (favorite color, favorite animal, character etc).
- ★ **Find Playful and Creative Ways to Encourage Mask Wearing**
  - Have your student practice putting a mask on a stuffed animal.
  - Find pictures of child's favorite character or celebrity wearing a mask.
  - Role-play being professionals that wear mask.
- ★ **Build Endurance by Practicing Wearing the Mask at Home**
  - Practice wearing a mask while watching a movie or to 'outlast a timer.'
  - Provide an incentive for wearing their mask for a certain length of time.
  - Gradually increase the amount of time your student wears a mask to prepare them for the length of time they will wear it in school.
- ★ **Model The Appropriate Way to Wear Mask**
  - Use positive language and reinforce mask wearing.
  - Teach how to safely put on, take off, and store a mask.
- ★ **Connect with your child's school in advance to discuss any concerns you have around mask wearing for your child.**



### References:

Robbinsc,Kathryn (18 June 2020). Mask Up! Tips to Make Kids More Comfortable With Masks, Broken Down by Age. Retrieved from:

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<https://www.nbcoston.com/news/education/how-to-help-your-child-keep-their-mask-on-at-school/2181114/>