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Tips for Helping Your Child Adapt to Wearing a Mask



#1

Explain Why

Use simple, positive language, e.g., “Wearing a mask helps protect us and others from germs and getting sick. We’re like superheroes when we wear our masks!”

#2

Practice

Show how easy it is to do by modeling the steps for your child then encouraging them to do it for themselves. If your child isn’t used to wearing a mask, gradually build up the time they wear one. Make it a 1-2-3 task:

1. Wash/sanitize your hands.
2. Place the mask against your mouth and nose.
3. Lock it in place with the elastic around your ears!

#3

Pretend Play

Integrate masks into your child’s favorite pretend-play schemes, e.g., doctor, vet, superhero. Have them make masks for their favorite stuffed animals and dolls.

#4

Normalize

Ask family and friends to send pictures of themselves wearing masks, or schedule a Zoom session and have everyone wear their favorite mask. Let your child pick their own mask(s).

#5

Follow a Plan and Offer Rewards

Consistency will help form the habit. Make a family plan and stick to it! Motivate your child by establishing small, attainable goals and rewards.