

# HELPING CHILDREN WEAR MASKS



## Explaining Masks

Seeing people wear masks is new for kids, and may be frightening

Use simple words to explain why people are wearing masks, and why they need to as well.

**Ex:** Explain that masks keep germs that make people sick away from other people and themselves.

**Ex:** Explain that they can be a superhero, like the ones on TV, by wearing a mask to keep other people from getting sick.

Answer any questions they may have with simple words.

## Make it Fun!

Make masks with your child. Let them assist you throughout the process when appropriate.

Let children pick the fabric and color of their mask.

Have children decorate their masks with markers and other art supplies.

Children can pretend to be doctors and nurses while wearing their masks. Give them a "sick" stuffed animal or toy to take care of.

## Wearing Masks

Have children practice wearing a mask at home to get them used to the feeling of having it on.

Teach children not to touch the outside of their mask, and to always keep it pulled up over their nose and mouth.

Practice putting the mask on and taking it off correctly.

**REMEMBER:** Children under the age of 2 should NOT wear masks.

## For more tips:

KidsHealth.org :  
<https://kidshealth.org/en/parents/coronavirus-masks.html>

PBS.org :  
<https://www.pbs.org/parents/thrive/why-are-people-wearing-masks-answering-your-childs-questions>

