

# Let's Talk About...

## Tips for Wearing a Mask or Face Covering

During this time of the COVID-19 pandemic, it is important for kids and parents to wear masks or face coverings when out in public and at school to help prevent spread of the virus. Wearing a mask in the right way and at the correct times will help your child to do it too. See below for some helpful tips.

### Practice

It feels different to speak and breathe while wearing a mask or face covering. It can be helpful to practice every day by wearing it more often and longer as you go.

### Experiment

There are many different kinds of masks and face coverings. It's important that the mask fits, feels, and looks good to your child. Try different types of masks and adjust them as needed. Ways to improve fit and comfort include:

- Choosing kid-friendly options that use soft materials and are "breathable," or easy to breathe through.
- Reworking the ear loops.
- Trying head and neck tie straps or Velcro straps instead of ear loops.
- Removing the metal nose clip or choosing a softer nose clip.

Be careful if making changes to the mask to make sure it always covers your child's nose and mouth while they are wearing it.

### Be patient

We all need reminders, especially at first. Be patient with your child if they are struggling while reminding them when and how to wear their mask.



### Make masks fun

There are things you and your child can do to make masks and face coverings fun:

- Decorate the masks so they're more personal and fun to wear.
- Put masks or face covers on favorite stuffed animals or dolls.
- Make family videos while wearing a mask or face cover and then watch them.
- Play pretend with a mask or face cover (try playing different people to understand how they talk and work while wearing a mask).
- Draw a mask on your favorite cartoon or comic book character.

### What if my child fears wearing a mask or face covering?

Your child may fear wearing a mask or face cover. To help them overcome their fear:

- Watch kid-friendly videos, or search for and read stories about wearing a mask or face cover.
- Look in the mirror with a mask or face cover on together with your child and talk about it.
- Show your child pictures of other children wearing them.
- Practice wearing the mask or face cover at home with your child before you go out, to help your child get used to it.

