

How to Help Your Child Adapt to Wearing a Mask



Explain WHY



Use easy-to-understand language and positive phrasing.

For example, "Many people are sick right now. Wearing a mask will protect you from germs."

Practice Makes Perfect

Shape the behavior by breaking it down into smaller steps.

Then practice & reinforce each step.

1. Holding the mask.
2. Putting it against his or her face.
3. Securing the elastic.



Let's Pretend

Integrate masks into your favorite pretend play schemes.

Encourage your child to dress up as a doctor, nurse, or veterinarian.



Take a Picture

Ask family members or friends to take pictures of themselves wearing masks.

You can even arrange a virtual get together so everyone can show off their masks.



Get Creative

Allow your child to decorate their mask using crayons or markers.

If you are planning to make a DIY cloth mask, allow him/her to pick the fabric color or pattern.



Start with Familiar Clothing

Choose clothing that your child already wears and turn it into a mask.

Some ideas include: a scarf, balaclava or bandana



Stuffed Animals & Dolls Need Masks Too

Put a mask on your child's favorite stuffed animal or doll as a reminder that we are all in this together!

