



7 TIPS FOR HELPING CHILDREN WEAR MASKS:

1. **Explain why:** "many people are sick right now. Wearing a mask will protect you from germs"
2. **Take a picture:** family pic, skype calls with other family and friends wearing a mask
3. **Practice:** how to hold the mask, put it against face and then secure the elastic
4. **Let's pretend:** incorporate it into your daily play
5. **Get creative:** allow child to decorate their mask with crayons or markers or pick own fabrics
6. **Stuffed animals and dolls need masks too:** all in this together
7. **Start with familiar clothing:** child already knows and wear it as a mask (scarves, bandana)

Information for this resource retrieved from:

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