

# How to Help Your Child to Wearing a Mask

*Adapt*



## 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/her face.
3. Securing the elastic.
4. Keeping the mask on for a period of time.



## Explain the Upside

Talk with your child about the importance of masks and if we all wear masks then schools can have activities and sporting events.



## Let's Pretend

Integrate masks into your favorite pretend play schemes.



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

## Talk About the Science

Talk with your child about how masks work to help prevent the spread of germs.



## 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!



## 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.



## Start with Familiar Clothing

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



Some ideas include a scarf or a bandanna.



## Give Positive Reinforcement

Recognize your child when they are wearing their mask with positive reinforcement.

Model mask wearing for your child.



## 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.