

tips to make wearing a mask easier

Kids are resilient. Most often, they can adapt to new or difficult situations much easier than adults can. With a little effort, planning and patience, most children will overcome any issues with wearing a mask. Here are a few tips to get you started.



give it time

Give kids time to practice wearing their masks before they need to wear one outside of your home. Teach them how to put them on and take them off. Wear them for short periods of time at home and slowly increase the length of time.



encourage kids to decorate their mask

This might help them feel a sense of ownership and control over the situation. A personal touch can help make it more of a normal part of their routine, and they will be more likely to want to wear their mask. Depending on the type of mask, kids can draw on it with markers or put stickers on it.



make them together

If you make masks or cloth face coverings at home, let older kids help you. There are no-sew masks that are easy to make, often with materials you probably already have (T-shirts, bandanas, etc.). If you sew masks, kids can select the fabric.



make it fun

With younger kids, introduce a sense of play. Kids can pretend to be a doctor or nurse while wearing their masks. They might want to use a doctor kit and "take care" of a stuffed animal or doll. Play ninja and superhero with masks on in the house.



use a mask during playtime

This makes a mask part of their normal world and lets them use their imagination. You can ask your child to put a mask on a stuffed animal, and then ask follow-up questions about why the stuffed animal is wearing the mask. Depending on your child's response, you can clear up any confusion and offer reassurance.



set the example

Kids want to be like their parents or older siblings. If they see you do it as part of your routine, they are more likely to do it too.



try different styles

One size or shape does not fit all. Some have elastic around the ears and some are more scarf-like. Some are cloth and some feel more like paper. Try a variety of styles to find a comfortable fit. This will help increase the length of time your child will want to wear the mask.