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# TIPS FOR HELPING KIDS WEAR MASKS

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## EXPLAIN WHY

Use understandable language and positive phrasing. For example: “Many people are sick right now. Wearing a mask will protect you from germs”



## PRACTICE AT HOME

As a family, practice wearing your masks for a few hours at home to get the hang of it.

## GET CREATIVE

Allow your child to decorate their mask using crayons or markers. Try masks with characters or cool designs.



## USE MASKS IN PLAY

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

Discuss how superheroes wear masks and you can too!





## **TAKE A PICTURE**

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

Show your child pictures of other children wearing masks.



## **IDENTIFY GOOD BEHAVIOUR**

Point out others who are doing a good job wearing masks.

Use positive reinforcement when they wear a mask.



**BHS MEDICAL DEPARTMENT**

### **REFERENCES:**

American Academy of Pediatrics (AAP)

Stanford Children Health Hospital

Unity Point Health UK

Behavioral Interventions and Solutions (BIAS)