

Mask Tips!

With a little practice and consistent messaging, children can adapt well to wearing masks for school and other activities.



Let your child help select the fit and fabric!

Disposable masks are a great choice too!

Spend time practicing wearing the mask throughout the day, for longer periods of time, leading up to the start of school.

Good mask habits

1. **Cover the mouth and nose.** Make sure there are no gaps between face and mask.
2. **Avoid touching the mask.** Teach youngsters to avoid touching the front of the mask, and to remove it by the straps
3. Wash cloth masks daily. **Do not re-use single-use masks.**



Make it fun!

Children take their cues from their parents and caregivers - if you make masks fun and matter-of-fact, they will approach it the same way.

Explain that it's like wearing shoes - it can be more comfortable to go barefoot but there are times when it's important to wear shoes, for safety and cleanliness!

