



Back to School in Masks

TIPS TO HELP KIDS WITH WEARING MASKS

Model Wearing Mask

Make sure your kids see you wearing masks properly. Wash hands prior to wearing. Cover your nose, mouth, and chin.

Customize Style & Fit

Get masks that your kids will want to wear as well as fit them well

Add Variety with Masks

This helps if a mask is in the wash, or if your kids want to change what they wear everyday

Have Them Practice

Practice makes perfect & taking incremental steps can help normalize wearing masks with your kids

Reward & Reinforce

Help to reinforce wearing mask by rewarding positive behavior and reinforcing actions

Add Masks in Other Activities

Incorporating masks into regular everyday activities will continue to reinforce mask wearing

Offer Choices When Able

Small choices will help to create independence and options in your child's mind

Mask Care

Wash fabric masks daily. Throw disposable masks away each day after use. Do not share masks with others.