Making face masks fun

Communities and public venues are slowly beginning to re-open. As more people are out and about, wearing a face mask to protect everyone is more important than ever – and now required for people age 10 and up. We encourage kids over 2* to wear a mask when out in public.
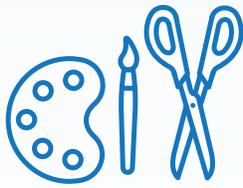
Tips to help introduce and encourage wearing a mask:

Educate

- Explain the important role that everyone – adults and kids alike – continues to play in keeping ourselves and others healthy during COVID-19, including washing our hands, practicing social distancing AND wearing a face mask.
- Be honest and give information appropriate to their level of understanding.

Model

- Give them a chance to feel the mask and even place it on a doll, stuffed animal or you.
- Have a parent, sibling or caregiver model wearing a face mask appropriately.
- Show them pictures of people they know wearing masks.

Make it fun

- Select a fabric that's soft and breathable - avoid scratchy materials or those that trap heat.
- Choose a fabric with their favorite color, animal or sports team.
- Decorate disposable masks together with markers, stickers or silly faces.
- Have at least two masks and allow your child to choose which they'd like to wear – most kids love making their own decisions.

Practice

- Break the process into steps. Work on one task at a time and gradually move to the next as they're comfortable.

  1. Hold the mask
  2. Bring it near their face
  3. Stretch the elastic ear loops or ties
  4. Independently place the mask on their face or allow a caregiver to do so
  5. Wear it for short durations, increasing gradually as they can tolerate it

Incentivize

- Celebrate mastering each step with a motivator, like cheers, high-fives, thumbs-up or playing a favorite song.

*Masks should not be placed on children younger than 2 or those who are unable to take the mask off themselves or communicate to a caregiver that they need it to be removed. If your child has breathing difficulties, be sure to check with their doctor to determine if it is safe and appropriate for them to wear a mask.