Here are some tips to help your child adjust to wearing a mask:

**SHARE THE WHY**
Use simple language and positive words. For example: “Wearing a mask will help you stay healthy and keep your friends safe.”

**PRACTICE MAKES PERFECT**
Help children get used to masks by having them wear masks for periods of time across the day. For example: start with 10 minutes and work up to 30 minutes.

**EXPLAIN THE SCIENCE**
Talk with children about how wearing masks can help prevent the spread of germs.

**BE A MODEL**
Model mask wearing for children and share pictures of people they know wearing masks.

**GET KIDS ENGAGED**
Can your child pick the color or pattern of their mask? Let children be in charge of choosing their mask.

**MAKE IT FUN**
Use masks during playtime. Provide a mask for your child’s favorite toy. Can your child pretend to be a superhero while wearing a mask?

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**TEACH YOUR CHILD GOOD MASK-WEARING HABITS.**

- Children ages two and older should wear masks.
- Wear your mask in public spaces.
- Wear your mask when you are with people who do not live with you.
- Make sure your mask covers your nose and mouth.

**WEAR**
**WASH**
**WATCH**
Stay safe and healthy. You can help prevent the spread of COVID-19!