

Masks & Face Coverings

All children are expected to wear face coverings. It has been our experience that children get used to wearing them very quickly! Please make sure your child have masks that fit securely and do not slide down on their face or cause discomfort around their ears.

Tips to get ready:

- Explain that the mask does the same thing that their carseat does...keeps them safe
Another example: rules (no jumping on the bed) and a bike helmet
- Give them a mask or two to put on their animals, dolls and show them it needs to go over their nose too. Make sure theirs is comfortable. Have a tea party or snack with their toys while they wear their mask too.
- Have your child wear their mask inside each day for brief periods, **starting now.** Use a timer if needed...
 - When they watch a video/movie
 - When you read them a story...you wear one too!
 - Whenever they can wear it for 15 minutes...20 min the next time, etc.
- Read and talk about it, just like you did when you potty-trained! Family members and caregivers can help with this conversation. Older siblings may be very helpful!