

# Mask Management for Children

## 7 tips to help your child wear a mask

### Tips to make kids more comfortable with masks

#### 0-2 years old: Focus on normalizing masks.

Let them see you wear yours and be playful with it at home.

#### 2-4 years old: Use play.

Color a paper mask or decorate a fabric one. Let them choose a mask with a favorite character or theme. Make masks for their stuffed animals or dolls too.

#### 5-12 years old: Help your child understand.

Typically, children ages 5 and up want to understand why. Explain to them.

#### 13-18 years old- Validate their feelings

Let them know you hear them, and understand why they're annoyed. Once they feel heard, you'll have better luck reminding them that we all have a responsibility to wear masks.

<https://www.connecticutchildrens.org/coronavirus/mask-up-tips-to-make-kids-more-comfortable-with-masks-broken-down-by-age/>

### Mask talk opens up bigger conversation

It's important to talk with children about mask wearing and its impact because it is a way to get children involved in their own health, and the pandemic and what they understand about it. These conversations can indicate worries, fears and anxieties.

<https://www.ama-assn.org/delivering-care/population-care/when-kids-struggle-wearing-masks-here-s-how-doctors-can-help>



1

Explain to your child why face masks are important

2

Normalize face masks through play

3

Provide fun and colorful mask options

4

Ensure your child's mask fits correctly and comfortably

5

Enlist your child's help

6

Practice wearing a mask

7

Model healthy behavior: Wear your own mask!

<https://www.childrens.com/health-wellness/7-tips-to-help-your-child-wear-a-face-mask>