Back to School in Masks

Tips to help kids with wearing masks

Model wearing mask
Make sure your kids see you wearing masks properly

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

Information Adapted from Connecticut Children's Hospital