

# MASK UP!

## TIPS FOR PARENTS + FAMILIES



### SET UP FOR SUCCESS

Find the right size mask for your child. It should be snug - not tight - on their face.

Label it with your child's name. If the inside and outside look the same, label the outside.

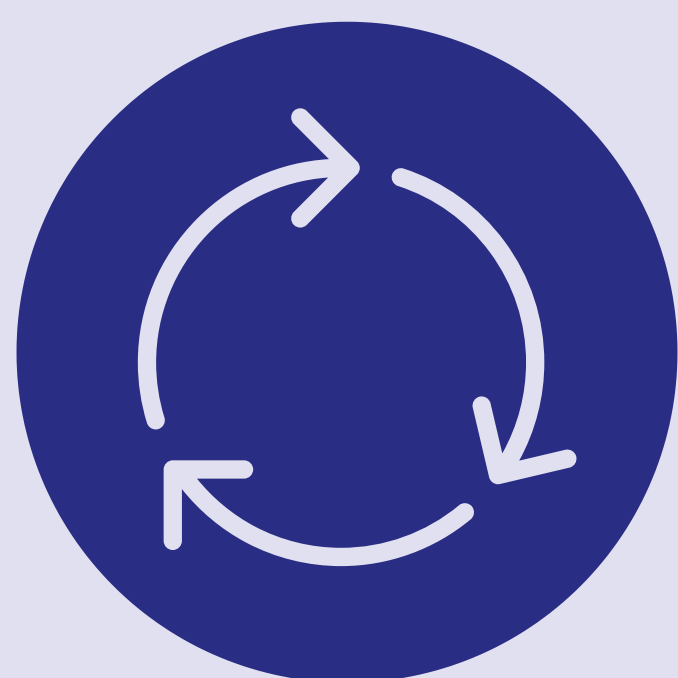
Send an extra mask with your child in case the first one gets dirty, damaged or lost.

### MAKE IT FUN

Find a mask with your child's favorite character on it, or make a mask for your child to decorate.

Provide incentives for mask-wearing, like a sticker, small treat, or an extra book at bedtime.

Work with your child to put masks on their stuffed animals and dolls.



### PRACTICE, PRACTICE, PRACTICE

Encourage your child to explore the mask and get the general feel of it - and give plenty of praise when they do.

Practice mask-wearing when your child is in a good mood, well-rested and not hungry or distracted.

Normalize mask wearing by encouraging your child to wear their mask at home for short periods of time.

### LEAD BY EXAMPLE

Wear your mask while doing every day activities - laundry, dishes, walking the dog.

Be conscious of how you speak about mask-wearing around your child.

Present a positive, easy-going attitude about wearing a mask and your child is likely to follow.

