



PATHWAYS HEALTH CENTRE FOR CHILDREN

TIPS TO HELP PREPARE YOUR CHILD TO WEAR A MASK

Talk about wearing a mask using language and information your child can understand

Read stories or watch videos about why people wear masks

Let your child explore a mask for some time before they need to wear it

Incorporate masks into play by putting masks on dolls or stuffed animals

Practice wearing a mask at home for short periods of time - this may be a minute or less to start

Start with a short outing like a quick trip to the store while wearing a mask

Give your child an "out" if they need to take off the mask like going to the car

Make it fun by decorating your masks or making masks together

Offer comfort and support around their feelings about wearing a mask

Try to keep the experience positive and go at your child's pace