

## **Face Masks: supporting children two years and up!**

Whether you are helping facilitate your child's return to a preschool or daycare setting, or just wanting to encourage extra precautions while running errands in the community face masks will be something your child encounters. Helping them feel comfortable is the first step!

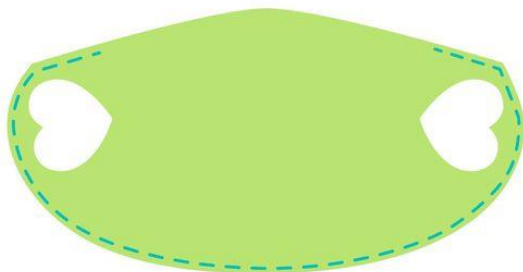
### Ways to build confidence and tolerance to masks:

- Model mask wearing for your child, let them touch and explore your face masks at home.
- Start small, begin with just a few minutes of mask wearing during a preferred activity like watching a short tv show or reading a book together.
- Play pretend; act out scenarios where a mask could be required from the comfort of your home such as a pretend doctor's visit with medical toys, or circle time with stuffed animals.
- Talk about or look at pictures of community helpers who wear masks as part of their jobs including nurses, doctors, fire fighters and more!



### Ways to be creative and fun:

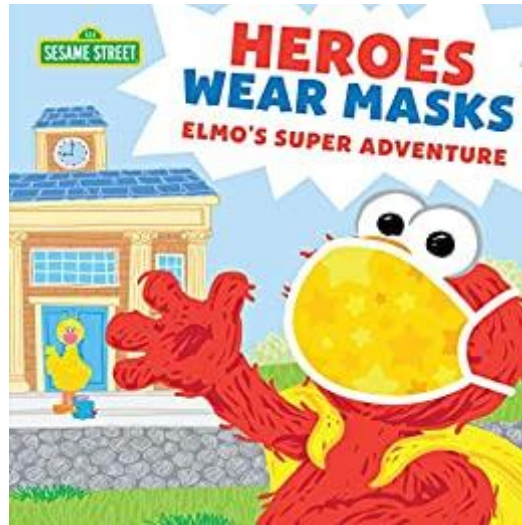
- Make your own: Use a favorite t-shirt that your child is growing out of and repurpose it into a new sew mask! There are lots of types that require no sewing, see an example



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(credit jennifermaker.com)

- Do some drawing: Get out some crayons, markers, or stickers and try a mask themed coloring page or add masks onto the characters in your favorite coloring book. Here is a free resource <https://www.teacherspayteachers.com/Product/Wearing-a-Mask-Coloring-Pages-5470574>
- Check out other online resources. One we highly recommend is Sesame Street! You will find links to videos, handouts, and other content to help your children understand and learn about the importance of face coverings right now and other hygienic life skills.



Things to keep in mind when encouraging children to wear face masks:

- The Center for Disease Control (cdc.gov) recommends that children over two years old wear a mask correctly when out in public or when around people they do not live with.
- A mask worn correctly goes over **both** the nose and mouth. With a face mask worn correctly you should still be able to breath easily.