

Your Child and Face Masks



The CDC recommends that people wear cloth face coverings in public settings and when around people who don't live in your household, especially when other social distancing measures are difficult to maintain.

Some people, such as people with intellectual and developmental disabilities, mental health conditions or other sensory sensitivities, may have challenges wearing a cloth face covering. They should consult with their healthcare provider for advice about wearing cloth face coverings.

Give your child expectations for wearing their face mask:



- ▷ Talk about when it is important to have the face mask on, and when it is appropriate to take a short break from wearing the mask.
- ▷ Remind your child that they cannot share their face masks.
- ▷ It is important to keep their masks clean - tell them they might not have the same face mask every day.
- ▷ Remind your child that the mask needs to cover their nose and their mouth at the same time.

Let them personalize their face mask:



- ▷ Let them choose the color or the pattern.
- ▷ Allow them to decorate their masks.

Help your child with the comfort of their face mask:



- ▷ Consider the comfort of the mask - let them try different styles of masks (for example, around the ears versus straps that you tie).
- ▷ Add adjustable snaps so there's less pressure behind their ears.

Practice wearing it around the house and in the community:



- ▷ Have them wear the mask for short periods of time and then increase the wearing time gradually.
- ▷ Wear your face mask when your child is practicing wearing theirs.
- ▷ Practice taking the mask on and off.
- ▷ Have them play and do all of the same activities they would normally, with a face mask on.

Listen to your child's concerns or feedback:



- ▷ Empathize with your child and attempt to help them understand the importance of wearing a face mask.
- ▷ Be positive about wearing the face mask.