



# Wee Learn



## Wee Learners(4 - 5 years): How to Get Young Kids to Wear a Mask During the COVID-19 Pandemic

Earlier this month, the World Health Organization issued new recommendations about wearing cloth face masks in public to slow the spread of the novel coronavirus that causes COVID-19. Schools in Ontario are also requiring children to wear masks depending on age and grade.

Parents of young children shaking their collective weary heads. Unfortunately, children are notoriously both stubborn and fickle. The idea of convincing one to not only wear a mask regularly, but to also avoid touching or fiddling with it during an outing, seems like an impossibly tall order.

### Tips to help children wear masks

- Wear a mask together. Look in the mirror with the face coverings on and talk about it. Take pictures with masks on and send the photos to grandparents and other relatives.
- Put a cloth face covering on a favorite stuffed animal.
- Decorate the masks so they are more personalized and fun. Make it a fashion statement or emulate a favorite cartoon or television character.
- Show your child pictures of other children and families wearing cloth masks.
- Draw one on their favorite book character or have the child do so.
- Practice wearing the face covering at home in small spurts and increase the time to help your child get used to it. Make a fun game out of it!
- Have your child buy a mask for someone who does not have one.
- Encourage the child to name the mask and care for it themselves. (You can find [mask care instructions here](#).)

### Training gradually

It is important to train a child gradually to use a mask, and to explain in a clear, non-scary way why masks are needed. It is also very important to be sure the mask fits correctly and is not overly tight or chafing. There are many short videos and stories that can be found on You Tube channel or the internet that can help you and your child.

**Source:** <https://stan.md/3hyaxim>

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