

KIDS & MASKS: A FEW THINGS TO CONSIDER

According to the American Academy of Pediatrics:

- Children under the age of 2 should NOT wear a mask/face covering as it could be a possible choking or strangulation hazard
- Mask/face coverings should be worn in places where children may not be able to stay 6-feet away from others (ex: doctor's office or grocery store)
- Mask/face coverings should be able to be removed easily by the child if it becomes uncomfortable or difficult to breathe
- Children may touch their face more with a mask/face covering than without it, which may mean the mask is less beneficial to wear



If your child is scared or having a hard time wearing a mask/face covering, here are some ideas:

- Help kids understand why wearing a mask is important
 - You can say “Lots of people are wearing masks so that we don’t accidentally share germs that can make people sick.”
- Practice with the mask at home first in order to make it more normal
 - Wear mask for short amounts of time, extending length of time gradually to help your child get used to it
 - Play a game or do normal activities while wearing the mask/face covering
- Look in the mirror with the mask/face coverings on and talk about it
- Put a cloth mask/face covering on a favorite stuffed animal
- If possible, allow your child to pick out their mask
- Show your child pictures of other children or people wearing them
 - Talk about the helpers and heroes who wear masks
- Draw a mask on their favorite book or TV character