

## Tips for getting young kids to wear face masks

Children over the age of 2 should wear masks to slow the spread of COVID-19 (Coronavirus), but we know they may find the masks scary at first.

### Here are some quick tips that may help:

- **Be patient** – young children are looking for ways to be independent and may not want to leave on their mask
- **Model it!** Make it familiar by wearing a mask, too.
- **While wearing your own mask, look in the mirror and talk about the mask with them.**
- **Play!** Put a mask on their favorite stuffed animal.
- **Decorate the mask by coloring it or using stickers.**
- **Look at pictures of other kids wearing masks.**
- **Draw masks onto pictures of their favorite characters.**
- **Use positive reinforcement when they wear their mask** – use praise or small rewards.

