



REENTRY READY

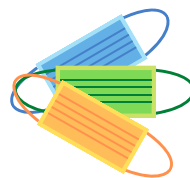
WEAR A FACE COVERING

Quick tips to help your child get comfortable with masks.



EXPLAIN WHY

Use easy-to-understand language and positive phrasing, like "Wearing a face covering helps protect you and others from bad germs."



GIVE OWNERSHIP

Can your child pick the color or pattern of their mask? Is it possible for them to personalize their mask by writing their name or drawing a picture with a marker? Let your child be in charge of setting out their face covering every night!

SHARE PICTURES

Ask family members or friends to take a picture of themselves wearing their face covering. Even though part of their face will be covered, it's comforting to see others model this behavior.



PRACTICE

Give your child smaller steps to tackle, leading up to wearing the face covering:

1. Hold the face covering
2. Put the face covering against their face.
3. Secure the face covering behind their ears



BUILD FAMILIARITY

Choose familiar clothing that your child already wears and turn it into a face covering to build comfort. Some ideas include starting with a scarf or bandana, and then transitioning to a face covering.

LET'S PRETEND

Integrate masks into playtime, even if it's just for a little bit. Some superheroes wear face coverings; can your child pretend to be a superhero while wearing a mask?



PROTECT TEDDY, TOO!

Put a face covering on your child's favorite stuffed animal or doll as a reminder that we are all in this together!