

**COVID-19** (Coronavirus)

# Helping kids to wear cloth face coverings

Here are ways that you can help your child adjust to wearing a cloth face covering.

## Start small.

Have your child “help” you by holding their face covering. Over the next few days, gradually move to wearing it hooked around their ears and worn below their chin, then on their face. Have them wear it for longer stretches, during activities they enjoy.



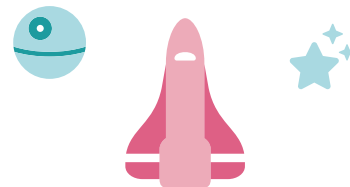
## Offer praise

Give high-fives, hugs, treats, or an extra book at bedtime as a reward.



## Model the behavior

Wear your mask while doing simple tasks so that it becomes normal.



## Making face coverings at home? Let kids help!

Have them pick the fabric or use non-toxic markers to decorate it.

## Explain why it is important.

Share the good things that face coverings can do, rather than the bad things a virus can do.

**Spread the Facts**

[coronavirus.wa.gov](https://coronavirus.wa.gov)