**7 Quick Tips for Parents to Wearing a Mask**

- **Explain WHY**
  Use easy-to-understand language and positive phrasing.
  For example, "Many people are sick right now. Wearing a mask will protect you from germs."

- **Practice Makes Perfect**
  Shape the behavior by breaking it down into smaller steps. Then practice & reinforce each step.
  1. Holding the mask.
  2. Putting it against his or her face.
  3. Securing the elastic.

- **Let's Pretend**
  Integrate masks into your favorite pretend play schemes.
  Encourage your child to dress up as a doctor, nurse, or veterinarian.

<table>
<thead>
<tr>
<th>1. Holding the mask.</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. Putting it against his or her face.</td>
</tr>
<tr>
<td>3. Securing the elastic.</td>
</tr>
</tbody>
</table>

- **Get Creative**
  Allow your child to decorate their mask using crayons or markers.
  If you are planning to make a DIY cloth mask, allow him/her to pick the fabric color or pattern.

- **Take a Picture**
  Ask family members or friends to take pictures of themselves wearing masks.
  You can even arrange a virtual get together so everyone can show off their masks.

- **Stuffed Animals & Dolls Need Masks Too**
  Put a mask on your child's favorite stuffed animal or doll as a reminder that we are all in this together!

- **Start with Familiar Clothing**
  Choose clothing that your child already wears and turn it into a mask.
  Some ideas include: a scarf, balaclava or bandana