

Tips to help your child be comfortable and confident wearing a mask

To help protect each other and to prevent the spread of COVID-19 it is recommended masks be worn when physical distancing cannot be maintained. This includes in places like schools, buses and public transit, health care facilities, and some community public places. Currently, many stores and businesses are also requesting customers wear masks.

A simple act of kindness.



Help your child understand why we need to wear masks and help them be confident and comfortable wearing a mask.

Here are some simple tips and helpful resources:



Masks provide protection.

Masks help keep everyone safe during the COVID-19, especially in public places like a school. It is a simple act of kindness. My mask protects you. Your mask protects me. Masks offer a way to cover your mouth and nose to prevent germs that can go from your body onto someone else or on to things that people touch. Germs can come from our body when we do things like sneeze, cough, talk, yell, laugh or sing. Wearing a mask may stop you from touching your nose and mouth which can also help prevent the spread of the virus. Watch this [short video](#) to learn more about wearing a mask. For more helpful tips, visit [Kids Health](#).



Choosing a mask. Let your child help.

If possible, have children choose the colour and design of their mask, and the fabric that will feel comfortable for them. Mask extenders (ear savers) that connect the elastics behind the head rather than hooking them behind the ears can help your child feel more comfortable wearing a mask. For children that experience touch sensitivities, look for masks that are made of soft material. Check out some of these [play and sensory strategies](#) to help. When a child mask isn't available, follow the steps in [this video](#) to adjust an adult size.



How to wear a mask and how to safely put it on and take it off.

Dr. Deena Hinshaw shows how in this [short video](#). Check out the resource from Sick Kids on [How to Wear a Mask](#). Visit alberta.ca/masks for more information on buying, wearing and caring for a mask. More [Tips for Helping Kids Wear Masks](#) from the Action Learning Network.

[How to Wear a Non-Medical Mask](#)

Proper, regular handwashing is one of the best ways to protect yourself from contracting COVID-19. Washing your hands properly involves a few steps, but it's easy to do and takes about the same time as singing the A-B-C song. Watch the [ABCs of Handwashing](#) with your children to learn how to properly handwash.



How to care for your cloth mask.

Store masks in a sealed and clean storage bag, like a sandwich bag, to keep them clean and ready for use. When you remove your cloth mask, place it back in the bag until you need to wear it again. Practice this at home with your children. This will help them create the habit of caring for their mask. Throw out the bag after it has been used. Masks should be washed after each use. [Here](#) are some tips on cleaning your mask.



Role model mask-wearing for your children.

Show them how you put on and take off your mask, while keeping good hand hygiene. Try wearing your masks at home for short periods of time and wear them when you are out in your community.

For more ideas on how to encourage your child to keep a mask on their face, check out [How to Help Your Child Adapt to Wearing a Mask](#).

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Reliable information about COVID-19 and resources to support you and your family.

Review AHS' [Physical Distancing](#) video with your children to help them understand how it works to protect them and others.

Help your family prepare for return to school, visit: [Alberta Parents' Guide 2020-21 School Year](#)

To help your child understand more about the COVID-19 virus, watch this video together and learn how the virus works. [Kids' Questions About COVID-19 - Part 1](#)

Do your children have more questions about COVID-19? Check out the video series: [Kids' Questions about COVID-19](#)

Alberta Health Services: ahs.ca/covid

ahs.ca/helpintoughtimes

Government of Alberta: alberta.ca/covid