

Demystifying Masks

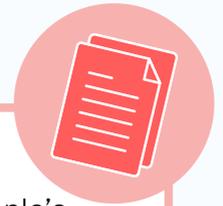
COVID-19 has changed the lives of our children. They are seeing, feeling, and experiencing things that are new to them. United 4 Children wants to help your child(ren) feel comfortable about seeing and wearing masks. Below is a list of activities and resources to do with your child to prepare them for this experience.

Keep in mind children may see masks as scary. The more we can help them see the masks as fun and helpful in keeping us well the easier it will be for them and you!



CREATE A MASK

1. Find a paper plate, coffee filter, or cut a circle out of paper.
2. Let your child decorate the circle.
3. Use a hole punch to punch the sides of the circle.
4. Thread string through the holes and tie to fit around the child's face.
5. Let your child place a band aid on their mask. Children know band aids "make you feel better", talk with them about how masks are for making us feel better. Let your child practice putting the mask on and taking it off. Encourage your child to put their mask on stuffed animals too. Help them feel comfortable and know that the mask is there to help.



ON AND OFF

1. Find a magazine with people's faces.
2. Cut a small circle out of paper.
3. Work with the child and place the circle on the face and take it off. Almost like playing peek a boo with the magazine images! Talk to your child about masks being able to go on and come off. You want to help them feel comfortable that this is only short term and that the person they love is still underneath the mask.



RESOURCES

- <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/guidance-for-childcare.html>
- <https://www.zerotothree.org/resources/3211-why-are-people-wearing-masks-why-are-people-covering-their-faces>
- <https://www.pj.masks.com/>
- <https://uichildrens.org/patient-stories/masks-couragehttps://chw.org/newshub/stories/making-mask-instructions?fbclid=IwAR20TMfxhrcg3VixBL34H7tvjIDPy7OAFDpSINloYOyTOMnjJSp4I6kvUb0>

