

Kid's Corner - Tips for Mask Wearing

In these current times, we all have had to start wearing masks daily. For those having issues with or trying to prepare their children to wear a mask, here are a few tips to make it a little easier.

Repetition is key. Just as you have to do with teaching them to stay seated, keep a head covering on, or to be quiet when it's not appropriate for them to speak... you have to practice mask wearing. It does not come easy, nor is it extremely comfortable. Practice makes perfect.

You can create a reward system for compliance. Have a pep talk with your child before heading out. Remind them that while going in certain places, they will have to wear their mask. That along with good behavior is expected and might even be rewarded. Stickers, small toys, a treat, an inexpensive token goes a long way with a child.

The young boys can see wearing their mask as an adventure! Tap into their love of superheroes and make it fun! An idea for girls is to create a mask for their favorite doll. Many sisters already make head wraps and skirts for their daughter's dolls, use some matching scrap fabric for a mask.

Just as it takes reminders combined with practice for adults to comply with change, it also is a conditioning process for children. So, don't give up! In the meantime, keep practicing at home. In addition, let them know the importance of and the protection that wearing a mask provides. Lord willing, they will eventually accept it, or the time of sickness will subside, and we can all gather together without them.

Here is a video I came across that might be fun for the little ones.

Peace & Blessings!

<https://youtu.be/OLJXbi3Fc5Y>