

## Tips for Helping Children Wear Face Masks

With many communities requiring all people to wear face masks when in public places and unable to use social distancing (remaining at least 6 feet apart), we want to share some tips and ideas to help your child wear a face mask more comfortably.

### Modeling

Show your child that you too will wear a face mask. Practice wearing your face mask in your home before going out into the community.

### Social Stories

Read social stories, such as our “Wearing My Face Mask” story, to your child to help them understand why they must wear a face mask in public places.

## Tips for Making Face Masks More Comfortable

1. Sew buttons onto a headband; secure the face mask elastic to the buttons to relieve pressure on the ears. See the article, “Woman shares handy hack for stopping face mask from ‘destroying’ your ears” for additional information at: <https://www.mirror.co.uk/news/weird-news/woman-shares-handly-hack-stopping-21765910>



Photos from JapaneseCreations.com

2. Sew buttons onto a hat, such as a baseball cap; secure the face mask elastic to the buttons to relieve pressure on the ears. See the blog, “Save your ears while wearing a face mask. Tips for avoiding ear pain.” blog on the Japanese Creation website at: <https://blog.japanesecreations.com/save-your-ears-tips-for-avoiding-ear-pain-while-wearing-a-mask>
3. Make a mask that does not contain elastic. For a free pattern/template, visit the Jennifer Maker website at: <https://jennifermaker.com/no-sew-face-mask-tshirt/>



Photo from JenniferMaker.com