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. Many stores and businesses also request that customers wear masks.

A simple act of kindness.

Talk to your child about why masks are important, and help them feel 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 pandemic, 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 surfaces that people touch. Germs can come from your body when you 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 why wearing a mask matters. For more helpful tips, visit alberta.ca/masks.

Choosing a mask? Let your child help.

If possible, have your child choose the color 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 may help your child feel more comfortable wearing a mask. If your child experiences touch sensitivities, look for masks made of soft material. When a child-sized mask is not available, follow the steps in this video to adjust an adult-sized mask.

Wear your mask properly.

Proper handwashing is the first step to proper mask use! To learn more, check out this short video from Alberta's Chief Medical Officer of Health, Dr. Deena Hinshaw. She explains how to safely put on, wear, and take off a mask. Here are some other great resources for children, families, and schools:

- Masks for school video
- Wear a mask poster
- My mask protects you, your mask protects me poster from Alberta Health Services

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 get them into the habit of caring for their mask. Be sure to wash your masks after each use, and throw out used storage bags. Visit alberta.ca/masks for tips on cleaning your mask.

Role model mask-wearing for your children.

Show your children how you put on and take off your mask, while practicing 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 creative ideas about how to help young children adapt to wearing masks, check out these 7 quick tips for parents.

Alberta Health Services

Use reliable information and resources about COVID-19 to support your family.
Use websites, information, and resources from the Government of Alberta and Alberta Health Services to help your family through these challenging times. Here are some key sources:

- To help your family head back to school, visit: alberta.ca/returntoschool and ahs.ca/covidschools

- For mental health and wellness support, visit ahs.ca/helpintoughtimes

- For the latest guidance from the Government of Alberta, see: alberta.ca/covid19

- For the latest guidance from Alberta Health Services, visit ahs.ca/covid

- If your child has questions about COVID-19, check out COVID-19: What kids need to know

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