

# Help kids adjust to wearing a mask

## EXPLAIN

that masks are important to keep you and others safe.



## PERSONALIZE

with their favorite color, sports team, character or decorations.



## SHOW

your child how to wear the mask covering both mouth and nose.



## PRACTICE

wearing a mask before you leave the house.



## PLAY

by putting masks on stuffed animals or dolls.



## REWARD

your child for doing a good job wearing a mask.



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# Ayude a los niños a ajustarse al uso de la mascarilla

## EXPLIQUE

las mascarillas son importantes para mantener seguros a ti y a otros.



## PERSONALICE

con su color, equipo deportivo, personaje o decoraciones favoritos.



## DEMUESTRE

a su niño cómo usar la mascarilla cubriendo la boca y nariz.



## PRACTIQUE

el uso de la mascarilla antes de salir de la casa.



## JUEGUE

al poner mascarillas en animales de peluche o muñecas.



## RECOMPENSE

a su niño por hacer un buen trabajo usando la mascarilla.



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