HELP YOUR CHILD PREPARE TO RETURN TO SCHOOL

Masks and Handwashing

1. HELP KIDS GET USED TO MASKS.
   Wearing a mask is unfamiliar and some kids may be afraid of masks. Give your child time to practice wearing a mask before returning to school. Teach how to put a mask on and how to take it off. Make sure they know where to put the mask when it is off.

2. MASK MAKING & DECORATING
   There are tutorials online for how to make simple masks that you and your child could make together. If making a mask isn’t your thing, encourage your child to decorate their mask. This can give them a sense of ownership and control over the situation.

3. EXPLAIN WHY WE WEAR MASKS.
   Use simple and clear language to explain why it is important to wear a mask. Wearing a mask protects others. Here’s a quick quality education video about mask wearing for kids: www.pbs.org/video/wearing-mask-helps-stop-spread-germs-mjjg7e

4. HELP MAKE MASK WEARING FUN!
   Play is an important way for children to learn. Help your child think of ways to play using masks. They can pretend to be a doctor or nurse. They can dress up their teddy bear. They can draw pictures of their friends and family wearing masks. So many fun possibilities!

5. HANDWASHING
   Teach your child how to wash their hands correctly. The CDC recommends 5 steps: WET LATHER SCRUB for at least 20 seconds. RINSE DRY. Teach them about hand sanitizer. CDC handwashing education page: www.cdc.gov/handwashing

6. STAY POSITIVE.
   The schools, our local public health department, and the CDC are working hard to make returning to school safe. This year BACK TO SCHOOL will be different from the past whether we are back at our school site, learning from home online or homeschooling. No matter the scenario, it’s important to be a role model for positive thinking about returning to school.

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