

How to FACE it at home

1 Make your face colourful

It doesn't have to be perfect. Be bold. Be messy! Better yet, ask a child to paint your face. They'll love it. Alternatively, dare a friend to FACE it too. If you're game, have a FACE off on social media by asking friends and family who created the most eye-catching face. You can use face paints, but if you don't have any, try using what you have. Stickers, masks, eyeliner, lipstick or eyeshadow: these will work too.



2 Share your photo on Childhood Dementia Day 17 SEPT 2025 #childhooddementia #faceit

Not sure what to say? Here's some text you can use or change to suit you:

It's Childhood Dementia Day and I'm FACING it to make childhood dementia impossible to ignore. Awareness is the first step to more research and better support for kids. Did you know that children experience dementia too? It's estimated childhood dementia takes a life every 11 minutes.

Want to keep it simple?

Try colourful stickers instead of face paints. (Please be aware that some people can have a skin reaction to stickers). Masks can have a big impact too. Make your own or buy some. Here are a few options to get you started.

Ideas on making masks:

<https://bit.ly/ppmasks>

<https://bit.ly/mmasks>



BE BOLD

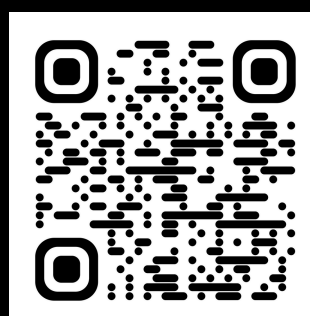


MAKE IT EASY



OR BE MESSY!

www.childhooddementia.org



childhood
dementia
INITIATIVE