

HAIR CARE STRATEGIES

Sensory Strategies

- Seat the child firmly on your knee and squeeze the child firmly between your knees (deep touch pressure).
- Place your hands on top of their head and apply gentle but constant pressure down. Or try a scalp massage.
- Use a firm stroke or pressure as you brush their hair.
- Apply deep touch pressure immediately after.
- For a child who is sensitive to touch a larger brush is better tolerated.
- Try brushing in front of a mirror so that the child can predict what is happening.
- Use earphones to block out the noise of the clippers.
- Use a mirror and verbal warnings to predict touch.
- Air-blow all bits of hair before getting dressed.

General Strategies

- Do a count down with the child as you brush the hair.
- Sing a familiar nursery rhyme or song during the activity so that the child knows it will finish at the end of the song.
- Use conditioner or detangle spray.
- Consider the use of visual supports to increase understanding and predictability.
- Have children brush their own hair.
- Use of distraction and motivators
- Follow up with an enjoyable activity.
- Use of social stories.



Washing your hair.



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