



## Hair Brushing



### Strategies

- If your child is sensitive to touch, use a brush with a large head.
- When brushing use firm strokes.
- Brush in front of the mirror so that your child can predict when the brush is coming.
- Have your child brush their own hair.
- Massage the scalp prior to hair brushing.
- Use a conditioner to detangle as much as possible.
- With tangles start at the bottom of the hair, holding just above the tangle and work up to the root.
- Cut hair short.
- Hair Detangler – Specialist Brushes available from a number of retailers.

The advice above is from the following sources:

Jane Horwood: Sensory Circuits: A sensory motor skills programme for children

Paula Aquilla & Ellen Yack: Building Bridges through sensory integration therapy for children with autism and other pervasive developmental disorders

Phoebe Caldwell & Jane Horwood: Using intensive interaction and sensory integration: A handbook for those who support people with severe autism