



Hair Cutting



Hair cutting can cause children a lot of stress and discomfort if they are overly sensitive to touch and sound.

Strategies

- Use a mirror and verbal warnings to predict touch.
- Try earphones to block out the noise of the clippers.
- Place a downward pressure on the head, through the neck and shoulders.
- Use firm strokes with the comb.
- Blow away all bits of hairs prior to getting dressed.
- Look for a flexible and sensitive hairdresser – it will be worth it.
- Approach your child from the front rather than the back.
- Use visual aids and social stories
(<http://www.autism.org.uk/about/strategies/social-stories-comic-strips.aspx>) to increase understanding of the task.
- Use distraction and motivators.
- Wash your child's hair prior to going to the hairdresser to decrease time spent there.
- Follow up with an enjoyable activity or treat.

The advice above is from the following sources:

Virgin Care

w: www.virgincare.co.uk

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Service Commissioned by:



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