

Tips for hair brushing

- Consider your environment. Wherever possible you want a calming environment so consider dimming the lighting and reducing the noise levels.
- Demonstrate hair brushing on yourself or a preferred doll, teddy or puppet. (If you have a family dog that likes to be groomed you can try that too - as long as the animal is happy for you to do so).
- Make the activity fun.
- Putting plaits into long hair the night before will reduce the additional stress of hair brushing on a busy morning.
- Consider the comb or brush you are using. Wide tooth combs or 'detangle brushes' are often recommended as they can get through hair much easier.
- A spritz of oil or detangling spray, may mean it is easier to get through knots - but make sure the smell of the product is well-liked / not off putting.
- If at all possible, allow the person having their hair cut or styled have control over hairdressing. With time, this will cause less anxiety overall.
- Consider the hair style and the upkeep. You may want to choose a shorter style that's easy to manage or use soft bobbles and accessories to tie it up.
- If it's possible allow yourself to be practiced on. From here you could then introduce the idea of 'my turn, your turn'; taking it in turns for small amounts of time to brush.
- Create a clear predictable routine for hair brushing by using a visual planner. It may be worthwhile to break the task down into small manageable tasks.
- Count down the amount of brushes you complete. For example, 'five brushes on the left side and five on the right.' You could also use an egg or other timer as a visual representation.
- Check out if your area has any barbers / hairdressers that offer a relaxed hairdressing session.