



Sensory — Hair brushing

The majority of children who have sensory issues, particularly if they are sensitive to touch, find it difficult to cope with having their hair brushed. Listed below are some strategies that can assist in making this activity less stressful for both parent and child.

Hair brushing without tears:

- Whenever possible massage the scalp prior to hair brushing as this can help to reduce sensitivity.
- If children can see themselves in a mirror while their hair is being brushed it can give them a greater sense of control and may tolerate the brushing better.
- Practice hair brushing or "doing each others hair" at other times,
- Have the child sit in a comfortable chair or bean bag (whichever they feel most comfortable in) when brushing the hair.
- Having the child sit on an adult's lap can help them feel more secure while having their hair brushed
- Use a tangle free conditioner when washing the hair.
- Try to use a soft brush that won't yank on the hair.
- If the hair is long then hold it at the shank to avoid pulling on the scalp
- Try not to prolong the activity and maybe avoid looking for perfection. Stop the activity if the child is getting really distressed.

Sensory — Hair brushing Continued

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