









COMMUNITY PAEDIATRIC OCCUPATIONAL THERAPY AND PHYSIOTHERAPY SERVICES

HAIR CUTTING

<p>CALMING STRATEGIES PRIOR TO HAIRCUTTING</p>  	<ul style="list-style-type: none"> ○ Establish a calming environment: Play quiet/calm music in the background. Talk with a calm/relaxed tone. ○ Explain what you are going to do at each stage, simply and clearly. ○ Carry out tasks using the same sequencing each time. ○ Demonstrate on carers head or doll/toy head where cutting will be and how. ○ Avoid light touch, and use firm to whole hand touch when possible. ○ Prepare the child to be touched by asking them to rub/touch the area before handling e.g. ○ Ask them to gently press down on their head before hair brushing/cutting encourage to hold for 3 – 5 seconds. ○ Alternatively the carer can use firm pressure instead of the child. NB it is very important to ensure the child understands what is happening.
<p>HAIR CUTTING STRATEGIES</p> 	<ul style="list-style-type: none"> ○ Have a set time for hair cutting. Choose day and time to suit. A morning may be best, a child may have less tolerance in the late afternoon. ○ Consider ways to help the child tolerate the hair cutting process:- ○ Consider calming/regulation activities before and after. ○ Consider giving direct proprioceptive (deep pressure) input during the process.

	<ul style="list-style-type: none"> ○ Use a count down for each stage of hair cutting. ○ Agree a minimum of when hair is to be cut. ○ Agree a Contract and suitable reward for hair cutting. ○ PROPRIOCEPTION – Is deep pressure or sensation to joints and muscles. It helps to develop body scheme and is a regulating calming sensory input. Receiving increased levels of proprioception before during and after activities can help children/adults cope with sensations that are difficult to tolerate.
<p>ACTIVITIES BEFORE HAIR CUTTING</p>    	<ul style="list-style-type: none"> ○ Bouncing on the trampoline. ○ Ask the child to hold a ball or long bat in both hands, try to pull it away from the child or push against it and encourage the child to resist the pull or push. ○ Ask the child to push hands together, palm to palm at chest level, and then press hard. ○ Tug of war with rope or quilt. ○ 'Press ups' against the wall, ensure feet stay still and that the child takes a lot of their bodyweight through the arms. ○ Whilst sitting practise, taking a deep breath in and slow breath out. If this is difficult talk about blowing the breath out. ○ Link hands with flexed fingers and try to pull hands apart. ○ NB. Pushing must be long and sustained pushing – NOT pulse pushing. ○ Immediately before hair cutting, ask the child to gently press down on their head with flat hands. ○ When cutting use a verbal comment so the child can gauge how long it will take e.g. 'cut one, two, three off' ○ Repeat the firm pressure on head between cuts or shaves with the clipper

NAME:

DATE:

Ideas to try	Outcome
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2.	
3.	
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6.	