

**DESENSITISATION TO SHAVING-**

**Before getting started:**

1. Start by introducing deep pressure touch to the face. Avoid tickly contact. It is best to start this process at a quiet time when you and your child are relaxed.
2. Routinely name the different areas of the face during touch desensitisation: Moustache, cheeks, sideburns, chin and neck. Count down for the touch "ON...3...2...1...Stop!" if this helps the child to know when the touch is going to stop.
3. If your child can do the above themselves, this will help them to have control during the desensitisation process.
4. If possible let your child observe Dad or an older sibling shaving. Talk through the process using the above language.
5. Write a short social story about why boys shave as they get older.
6. Introduce a vibration massager \*and follow step 2. If the child finds the vibration difficult, stop, withdraw and allow the child to calm before starting again. Honouring the child's tolerance will aid the acceptance and desensitisation process. As above, if the child can do this themselves, this is a good solution.
7. Introduce the child to the shaver, initially just holding the shaver and placing it, (whilst turned off) on the face. Then turn the shaver on and touch it to the face, count down from 3 to 1 and take it off of the face. Repeat as often as needed.

Once the above routine is accepted and the child can do this process daily, consider moving on to actual shaving.

**Note:**

Whilst it is optional to consider a wet shave, experience has shown that use of a battery foil shaver is often the easiest practice for a young man starting to shave.

**Equipment:**

- A mirror.
- A vibration massager.
- A battery powered (rechargeable) shaver; (available from approximately £20.00 upwards from numerous outlets).
- Optional: post shaving moisturiser.

**Preparation:**

- Think about the time of day that it is best to do the shaving. Shaving can be easier after a bath/shower, so post bath/shower time can be a good place to start.
- Plan what is going to happen and discuss with your child.