

I can get my hair cut!

A hair cutting social story

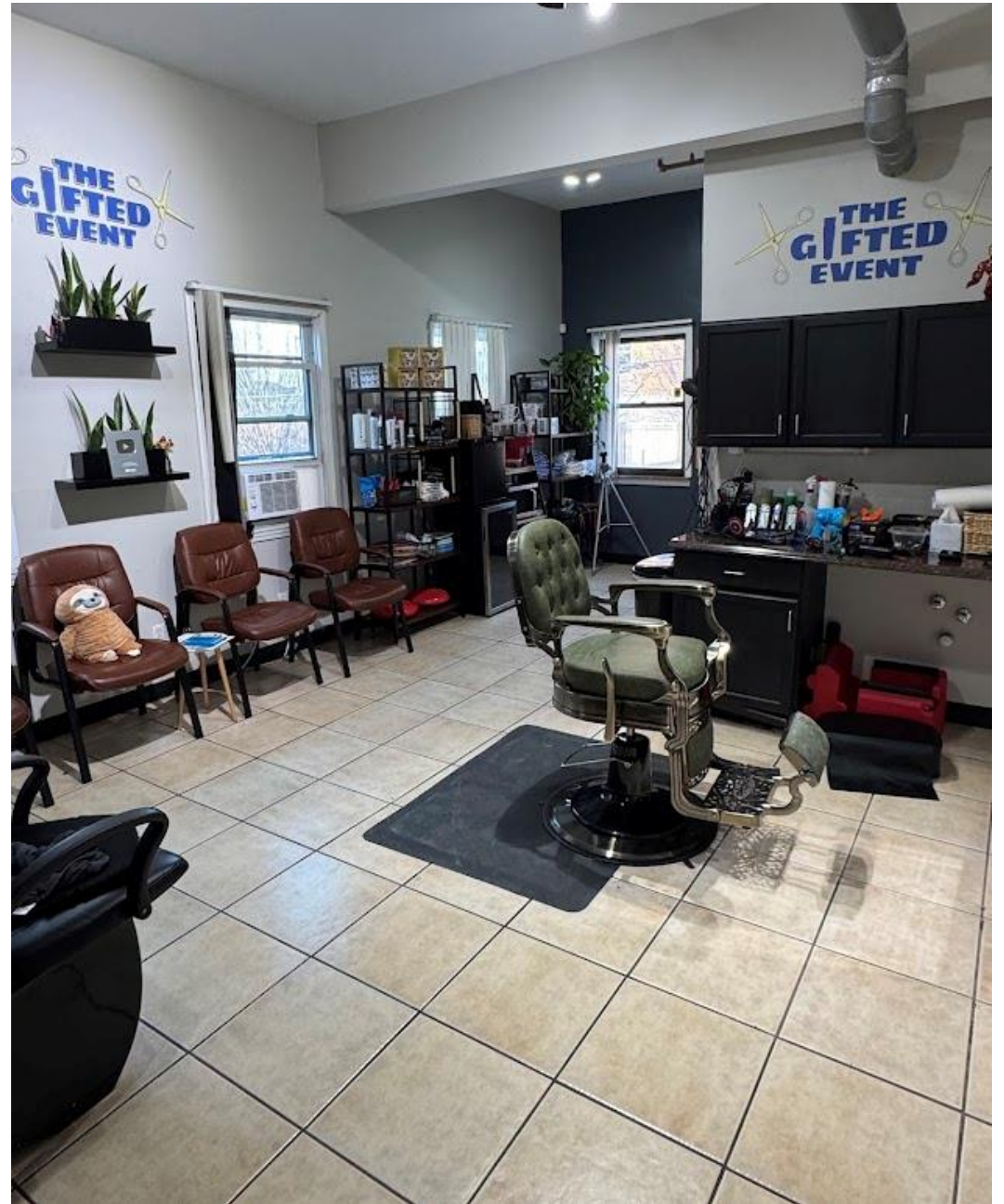
What is a social story?

- A social story is a short story to introduce children to situations or behaviors that may be new or scary
- They can be used to prepare a child before a situation to increase comfort and let them know what to expect
- This social story should be modified to fit your needs

Today I am getting my hair cut
with Vernon Jackson.



This is the barber shop.



I may hear a lot of different sounds when I get my hair cut. These sounds may be:



The hair clippers



Other people talking

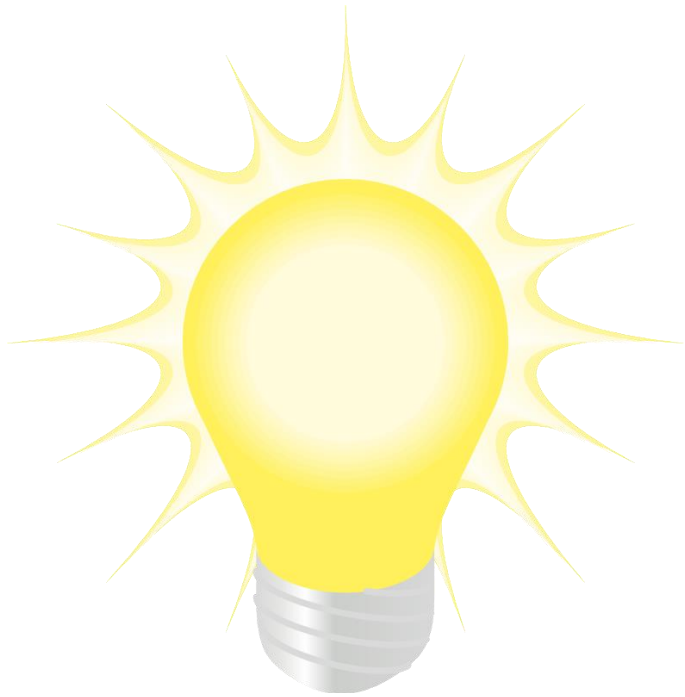


Hair dryers

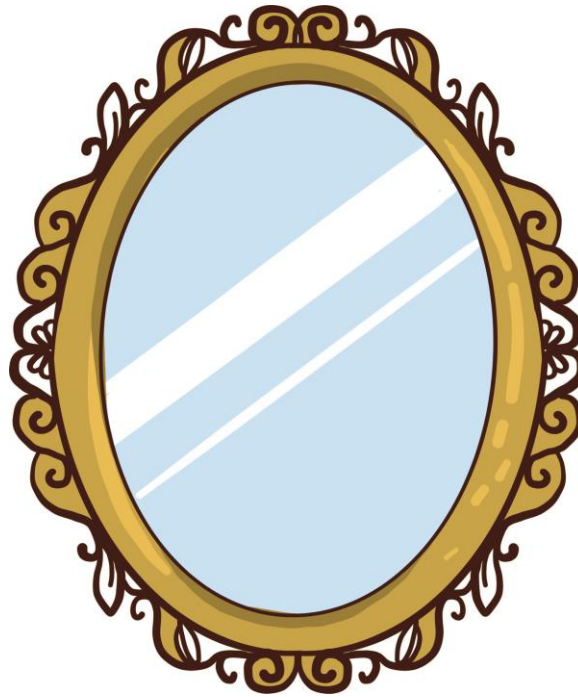


Scissors

I may see a lot of different things when I get my hair cut like



Bright lights



Mirrors



Chairs

I may feel a lot of different things when I get my hair cut



The cape around my neck



Hair on my neck



Mist from a spray bottle

Vernon will talk to my parents about me and get to know me. Sometimes I may need to wait while my parents talk.



When I am with Vernon, they will listen to me, and we will come up with a way to communicate (like a hand signal) so he knows when I need a break



We will walk to my chair for my haircut, and I can move around the room if I need a break



If I can sit in the chair, Vernon will put a cape on my lap, and will tell me what will happen next. I can turn the clippers on and off, feel the vibration, hold a toy, or give Vernon a high five.



Vernon will work quickly to cut my hair and will not hurt me. He is fun, silly, and will listen to me when I need breaks



When it is done, then I can



Get a hug



Play with toys



Have a snack



Get a high five

My new hair may feel different,
and it may take some time to get
used to the new feeling, but it will
be ok.



Getting a haircut is fun! I am so excited to show everyone my new look!



Sensory Strategies for Hair Cuts

- **Ideas for calming sensory input and environmental modifications:**
 - Provide deep pressure (firm tactile input to the body)
 - Offer opportunities for movement (before, during, after)
 - Use oral input tools (chewies)
 - Hold vibration toys (massagers)
 - Dim the lights in the area
 - Decrease the external noises
 - Use weighted hair cut cape
 - Use weighted lap pad
 - Have the child wear a tight hat before going to the barber shop (for sustained deep pressure)
- **Sensory ideas for distraction and engagement:**
 - Use bubbles for fun visual input
 - Engage with light up toys
 - Have preferred videos or songs on
 - Have preferred toys to hold or squeeze
 - Utilize picture cards for to communicate “break” and “go”
 - Walk the clippers up the arm
 - Have the kid turn the clippers on and off

Other Tips

- Use an iPad and phone to play shows/music (distraction)
- Ask family to bring or use highly preferred shows or toys the child really likes
- Ask family to bring own doll so the child can work the dolls hair while they get their hair cut
- Have the child count down before each part of the haircut to allow some control over what is happening to them
- Do a "moving" hair cut (if safety can be maintained)
- Use hair dryer/fan to remove hair clippings if those bother the child (and they can tolerate the sound)
- If the child does not like to have their hair washed or to have a spray bottle to wet hair, ask the child to come in with wet hair or use a wet cloth to dampen the hair