

Tîm Camau Bach Tips for Hair Washing



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- Preparation is the key! Try to make sure hair washing nights are on your calendar as a symbol. Stick to a regular routine.
- Do some exercise before the routine, jumping, bouncing heavy work activities.
- Child doesn't like water over their head. Try washing hair with a bath visor or cap. Look on E bay many ideas here.
- Try easy rinse foaming shampoo or no rinse shampoo.
- Try changing the temperature of the water/ little cooler maybe?
- Try holding your child's shoulder for stability during the process.
- Try using a wet sponge to wet hair
- Try using a mirror so that your child can see themselves whilst they are rubbing shampoo in etc.
- Try a portable hair washing sink: See E bay.
- Try a visual aid or social story for the process so your child knows what is going to happen.
- Try using YOUTUBE online to show your child.



Hair Brushing

- Try using heavy work activities beforehand. See below!! This can be used for hair cutting/hair washing as well.
- Try sitting your child on a yoga ball to brush hair.
- You could sit on yourself and put your child on your lap.
- Try playing with dolls/figures brushing hair as in pretend play.
- Try a vibrating hairbrush (see Amazon)
- Try giving regular head massage while watching tv or playing a game.



Hair Cutting Tips

- Preparation is the key; Visual aids and /or social story before the event.
- Heavy work activities: Go the park before the hairdresser?
- Try to give hairdresser experiences and let your child watch you or another child having their hair cut.
- Hairdresser at home maybe?
- Identify what exactly is difficult for your child? The sounds? the feel?
- Distract your child by using the iPad during the process.
- Try playing at home cutting games with a scissors, paper, card etc.
- Use a timer to let your child know how long it will take.
- Use a hairdresser who understands and adapts his/her practice.





Sensory & Movement Activities

In the Classroom

Heavy Work Activities

- Erase or wash chalkboard
- Wash desks or tabletops
- Carry a box of books
- Push or stack chairs
- Rearrange bookshelves
- Open doors for others
- Staple paper onto bulletin board
- Sharpen pencils with manual sharpener
- Wear heavy backpack
- Move trash can to another location
- Carry basket of items
- Make deliveries to the office
- Squeeze stress balls or fidget toys
- Cut heavy paper or cardboard with scissors



Take movement or stretch breaks throughout the day

Ask your school's OT for equipment to try such as a weighted vest or ball chair

Weight Bearing Activities

- Chair push ups
- Push on desktop or table top
- Wall push ups
- Wheelbarrow walk
- Crab walk
- Spider walk
- Wall slides
- Crush paper into a tight ball
- Bounce on a therapy ball
- Jump on a mini-trampoline

Movement Activities

- Sit in a rocking chair when reading or during floor time
- Sit on an inflated air cushion placed on a chair or floor
- Hand out papers and materials for the teacher
- Push your feet into theraband placed around chair legs
- Do head, neck and shoulder rolls while sitting
- Take a stretch break after sitting for a long time
- Breath deeply— in through your nose/out through your mouth

Keep your mouth working hard with these mouth tools:

- ☉ Chew straws or coffee stirrers
- ☉ Chew on gum or, if allowed
- ☉ Chew on fish tank tubing
- ☉ Chew on licorice or twizzlers
- ☉ Sip water through a sports bottle
- ☉ Suck on hard candy or lollipops
- ☉ Suck applesauce through a straw
- ☉ Eat crunchy foods— Dutch pretzels or carrots
- ☉ Mints make us more alert!