

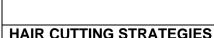
COMMUNITY PAEDIATRIC OCCUPATIONAL THERAPY AND PHYSIOTHERAPY SERVICES

HAIR CUTTING

PRIOR TO HAIRCUTTING O O O O

CALMING STRATEGIES

- o 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.





- 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.



- Use a count down for each stage of hair cutting.
- o 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.

ACTIVITIES BEFORE HAIR CUTTING









- o 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 quoit.
- '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. It 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
1.	
2.	
3.	
4.	
5.	
6.	