

## Washing Hair for Sensitive Children

The head is an area of the body that can be especially sensitive for many children. Children with these sensitivities often resist attempts to wash their hair making it a difficult part of the daily routine. The severity of your child's reaction may differ on a day-to-day basis however a pattern of resistance or avoidance is usually apparent.

The following strategies aim to assist you with the sensitivities your child may be encountering during hair brushing.

- Shorter hair is usually easier to maintain and generally quicker to wash.

### The Environment:

- Experiment with whether your child prefers the shower or the bath. For older children they could try kneeling over the bath.
- Try taking the detachable hose off the hook and using it on a low pressure setting to rinse your child's hair.
- Try using a jug rather than hose for rinsing.
- Experiment with the temperature of the water. Your child may prefer the water temperature slightly warmer or slightly cooler.

### Tools:

- Some children do not like water in their ears – try ear plugs to protect them.
- Some children do not like water in their eyes. A flannel/ small towel held over their eyes and face or goggles can help keep water off. They can try holding this themselves. A hair washing hat/visor can be purchased from some pharmacies and supermarkets.
- Experiment with unscented/gentle shampoo.
- Consider using a shampoo/conditioner two in one so you don't need to wash their hair twice.
- Consider reducing the amount of times you wash the hair if the process is very distressing for your child. You could use dry shampoo on the non-wash days.



Ear plugs



Goggles



Hair washing visor