

# Hair cutting Training Guide



Autism Speaks™   
**FAMILY SERVICES**  
COMMUNITY CONNECTIONS

**Snip-its**®  
Kids. Haircuts. Parties. Fun.

## What is autism?

Autism is a neurological disorder that typically lasts throughout a person's lifetime. Autism affects the way an individual perceives the world, making communication and social interaction difficult. It may also result in repetitive behaviors or unusual or intense interests. The symptoms of autism, and their severity, can vary considerably in each individual on the autism spectrum. It is sometimes said: If you've seen one person with autism; you've seen one person with autism.

An individual with autism may display some or all of the following characteristics, which may represent challenges from a certain perspective, or strengths from another:

- Difficulty understanding language, gestures, and/or social cues
- Literal or excessive speech, often with a concentration on a particular topic
- Difficulty relating or participating in a back-and-forth conversation or interaction
- Social awkwardness
- Intense or unconventional interests
- Repetitive behaviors such as pacing or hand flapping or rocking
- More or less sensitivity to light, sound, smell, taste or touch than usual
- Anxiety, abnormal fears and/or lack of appropriate fear of real dangers
- Difficulty managing transitions, changes in routine, stress, frustration
- Strong visual skills
- Good rote and long term memory (facts, statistics, etc.)
- Adherence to rules, honesty
- Intense concentration or focus, especially on a preferred activity
- Understanding and retention of concrete concepts, patterns and rules
- Musical, mathematical, technological and/or artistic ability or interest

## What can you do?

- Speak in a calm, low voice
- Do not surprise the child from behind
- Keep directions simple
- Wait for a response – some individuals with autism need time to process information and respond



## For Parents & Caregivers

Identify reinforcers or preferred items that a child can earn as a result of successfully completing the steps requested of the child. For some children this will mean getting a hair cut, for others it may mean to complete predetermined number of steps leading up to successfully getting a haircut. You may want to take a digital picture of the item as a reminder of what the child can earn for following the steps.

- Speak with the salon manager about just coming in so that your child is acquainted with the environment.
- You may want to schedule an appointment during a time when the salon is not as crowded so there are less distractions for the child with autism.
- Review the steps of the visual schedule to get a hair cut before you go to the salon.
- You can print the pictures and steps so that your child will know what to expect.
- You may also want to practice the steps at home with your child using the visual schedule.



## Visual Schedule

Individuals with autism often benefit from visual supports and schedules. The following visual schedule outlines the steps necessary to get a haircut. Families are welcome to print the pictures and create a visual schedule for their child. Some families print the page and check off the activities as they occur. The pages can be laminated and a dry erase marker can be used to check off each activity, this way the page can be reused for each visit. Others may cut out the photos and laminate them, and place Velcro on the back of each photo. The photos are arranged in chronological order on a board, as each step is completed the picture is removed.

Some children may need to be reinforced with verbal praise or a treat after each step. Others may be able to complete some, many or all of the steps before verbal praise or a treat is given. Each child will need to work at their own pace to achieve the skills necessary to get a haircut.



Print this page to create a visual schedule for your child.



1 Go to salon



6 Feet flat on the bar



2 Check in



7 Spray comb with water



3 Meet stylist



8 Comb hair



4 Sit in chair



9 Cut hair



5 Hands on lap



10 Reward for a great job

## Home care & Grooming



To make home hair care enjoyable for your child, here are some tips to ensure the experience goes smoothly:

- Show the shampoo to the child. Let the child smell and touch the shampoo. If you are going to use conditioner repeat the same process.
- For shampoo and bath time you will want to make this time fun but quick. Let the child have a bath toy to play with for comfort. Some families use a shampoo and body wash combination product (for example one of our Snip-its Tearless Shampoo and Body Wash products). This will make the process easier, with one multi-purpose product.
- Rinse the shampoo until the water runs clear.
- If the child is sensitive to having their hair combed, use a leave-in spray detangler. Using a detangling product means there is nothing to rinse out of the child's hair and it will make combing the hair easier.
- Comb the child's hair with a wide tooth comb, this will create less tension on the child's hair and be more comfortable for the child.
- If you are going to apply a styling product on the hair, repeat the process of showing them the product, let them smell and touch it and then apply the product to the hair.
- To dry the child's hair, show the child the blow dryer, and turn the dryer on to a warm setting (not high/hot) with a lower speed. Blow some warm air on the child's hands or arms so they can feel that it's warm and will not hurt. If the child is comfortable with the blow dryer, proceed with drying the hair.
- If you want to use a brush to assist with the drying, use a paddle or vent brush. These types of brushes will not put added tension on the hair. Help your child to be involved in their hair care routine.
- While brushing or combing longer hair, start by coming out the ends of the hair first and then slowly work your way up towards the scalp. This will help to gently remove and tangles and pulling on the hair.



## About Us

### About Autism Speaks™

Autism Speaks is the nation's largest autism science and advocacy organization, dedicated to funding research into the causes, prevention, treatments and a cure for autism; increasing awareness of autism spectrum disorders; and advocating for the needs of individuals with autism and their families.

Autism Speaks funds more than \$30 million each year in new autism research, in addition to supporting the Autism Treatment Network, Autism Genetic Resource Exchange, Autism Clinical Trials Network, Autism Tissue Program and a range of other scientific and medical programs.

Notable awareness initiatives include the establishment of the annual United Nations-sanctioned World Autism Awareness Day on April 2 and an award-winning, multi-year national public service advertising campaign with the Ad Council. Autism Speaks' family services efforts include the Autism Video Glossary, a 100 Day Kit for newly-diagnosed families, a School Community Tool Kit and the distribution of community grants to local service providers.

Its government relations department, through its Autism Votes initiative, has played a critical role in securing federal legislation to advance the federal government's response to autism, and has successfully advocated for insurance reform to require insurers to cover medically-necessary autism therapies.

Each year, Autism Speaks Walk Now for Autism fund-raising events are held in more than 70 cities across the country, as well as Canada and the United Kingdom.

