

THE BABY HAIR® STYLING WARNING GUIDE

An educational synthesis for caregivers. Not a validated diagnostic scale.

Use this guide to recognize when a hairstyle may need to be adjusted, loosened, or removed. It is not a tool for diagnosing traction alopecia or any other scalp condition. For persistent hair loss, significant inflammation, scalp lesions, or other concerning changes, seek evaluation by an appropriate healthcare professional.

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GREEN COMFORTABLE & MONITORED • No persistent pain • No significant pulling • Child moves head comfortably • No scalp tenting • No bumps, crusting, or inflammation • No visible new thinning • Child sleeps comfortably ACTION: Continue routine scalp observation. Green does not mean ignore the style until takedown. It means no obvious warning signs at present.	YELLOW PAUSE & ADJUST • Child repeatedly says the style is tight • Tenderness in a particular area • Discomfort when lying down • Pain when moving the hairstyle • New itching after installation • Mild redness under tension • One braid or section pulling more than others • Hairline appears unusually taut ACTION: Investigate. Loosen. Redo. Reduce tension. Reposition accessories. Reduce weight. Ask if the adjustment helps. Continue monitoring.	RED STOP & TAKE ACTION • Persistent or significant pain • Visible scalp tenting • Follicular bumps or pustules • Significant inflammation or crusting • Concentrated broken hairs • Visible thinning at hairline or temples • Scalp changes worsening despite adjustment ACTION: Remove or substantially modify the source of traction. Persistent hair loss, inflammation, lesions, or other concerning changes warrant evaluation by an appropriate healthcare professional.
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An educational tool, not a validated clinical or diagnostic instrument. Seek professional evaluation for persistent scalp concerns.

MONITORING REMINDERS

☐	Periodically part the hair and look at the scalp — especially around the hairline and temples.
☐	Compare density over time. Ask whether tender areas feel different week to week.
☐	A beautifully smooth hairline is not automatically evidence of healthy styling.
☐	Watch for broken hairs concentrated at styling boundaries — a common early indicator.
☐	A painful style that 'loosens after a few days' should still be assessed for initial tension level.
☐	When in doubt: loosen, redo, or remove before waiting for symptoms to worsen.

TEACHING CHILDREN TO COMMUNICATE

Teach children this language so they can report what the tension feels like:

Does it feel tight? Is it pulling? Does one spot hurt more?	Does it hurt when you turn your head? Does your head hurt when you lie down? Does it itch right after styling?	Show me where. For younger children: ☐ Fine ☐ Tight ☐ Hurts
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