

THE BABY HAIR® CHILD HAIR-CARE CHECK-IN

Normalize communication about comfort, pain, and scalp condition — before, during, and after care.

BEFORE How does your scalp feel today? ☐ Good ☐ Dry ☐ Itchy ☐ Sore ☐ Tight ☐ Something else: _____ Anything from last time to know? ☐ Yes: _____	DURING ☐ Does anything hurt? Where? <i>Pulling / Tight / Burning / Itching / Sore</i> ☐ Need a short break? Would any of these help? ☐ More slip ☐ Smaller section ☐ Different tool ☐ Looser style ☐ Different rinse ☐ Break	AFTER ☐ Anything still tight or sore? ☐ Head moves comfortably? ☐ Anything need adjusting? How did wash day feel? Good · Okay · Hard
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For younger children: Simplify to: **Good? Tight? Hurts?** That may be enough.

REMEMBER

Children should know they are allowed to tell an adult when hair care hurts — during the routine, not only after it ends. Saying "that's too tight" is not disrespectful. "That hurts" is not misbehavior. The adult still determines what happens next. But the information should be welcomed.