

THE BABY HAIR® WASH DAY COMFORT PLAN

Know your child's hair-care profile before you begin. Complete once, update as the child's needs change.

CHILD'S HAIR-CARE PROFILE

Child's name:	Typical cleansing rhythm:
Date updated:	Current protective style:
Texture / curl pattern:	Areas that tangle most:
Known porosity: ☐ Low ☐ Medium ☐ High ☐ Unsure	Scalp areas to monitor:

C — CHECK IN

Before hair care, my child commonly reports:

☐ No concerns ☐ Dryness ☐ Itching ☐ Tenderness ☐ Tightness ☐ Pain in a particular area ☐ Other:

My child communicates discomfort best by:

☐ Telling me directly ☐ Pointing ☐ Showing me ☐ Simple choices: Good / Tight / Hurts ☐ Other:

A — ADJUST

Things that make hair care easier for my child:

☐ Cup rinse	☐ Smaller detangling sections
☐ Shower sprayer	☐ More conditioning / slip
☐ Forward rinse	☐ Finger separation before tools
☐ Towel / washcloth over eyes	☐ Holding / anchoring the section
☐ Quieter environment	☐ Breaks during the routine
☐ Lower dryer setting	☐ Splitting washing and styling into separate sessions
☐ Different product fragrance	☐ Visual schedule / timer

The adjustment that helps most: _____

R — REDUCE THE LOAD

Our biggest wash-day challenge is usually:

☐ Pulling / tangling ☐ Length of routine ☐ Water / rinsing ☐ Noise ☐ Product smell ☐ Sitting / positioning

☐ Styling tension ☐ Fatigue ☐ Caregiver time pressure ☐ Too many steps in one session ☐ Other:

One thing we can remove or simplify: _____

E — EMPOWER

My child can currently participate by:

☐ Choosing between appropriate styles ☐ Washing part or all of their own scalp

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|---|--|
| ☐ Choosing the rinse method | ☐ Checking their own scalp |
| ☐ Holding the towel | ☐ Maintaining their nighttime routine |
| ☐ Applying product | ☐ Telling the stylist when something is too tight |
| ☐ Holding sections | ☐ Selecting appropriate products with guidance |
| ☐ Detangling an easy section | ☐ Managing most of their own routine |

The next hair-care skill we're working toward: _____

This is a Baby Hair® educational tool, not a clinical assessment. Download and reuse freely for personal use.