



My hair grows slowly every day

Sometimes my hair gets long.
Sometimes my hair feels thick.
Sometimes my hair feels messy.

That is okay.
Hair grows for everyone



Hair grows.

It takes time,
but that's okay!



Longer...



Thicker...



Messy days...



All good! ♥

My hair is growing, and I am too!



When my hair gets too long, Mum may say,

“It is time for a haircut.”

A haircut helps my hair feel neat.

A haircut helps my hair feel easier to wash.

A haircut helps me take care of my body.



Neat, trimmed hair



Easy-to-wash hair



Self-care
feels good





Mum cuts my hair at home.

Home is a place I know.
Mum is someone I know.

Mum cuts my hair with care.

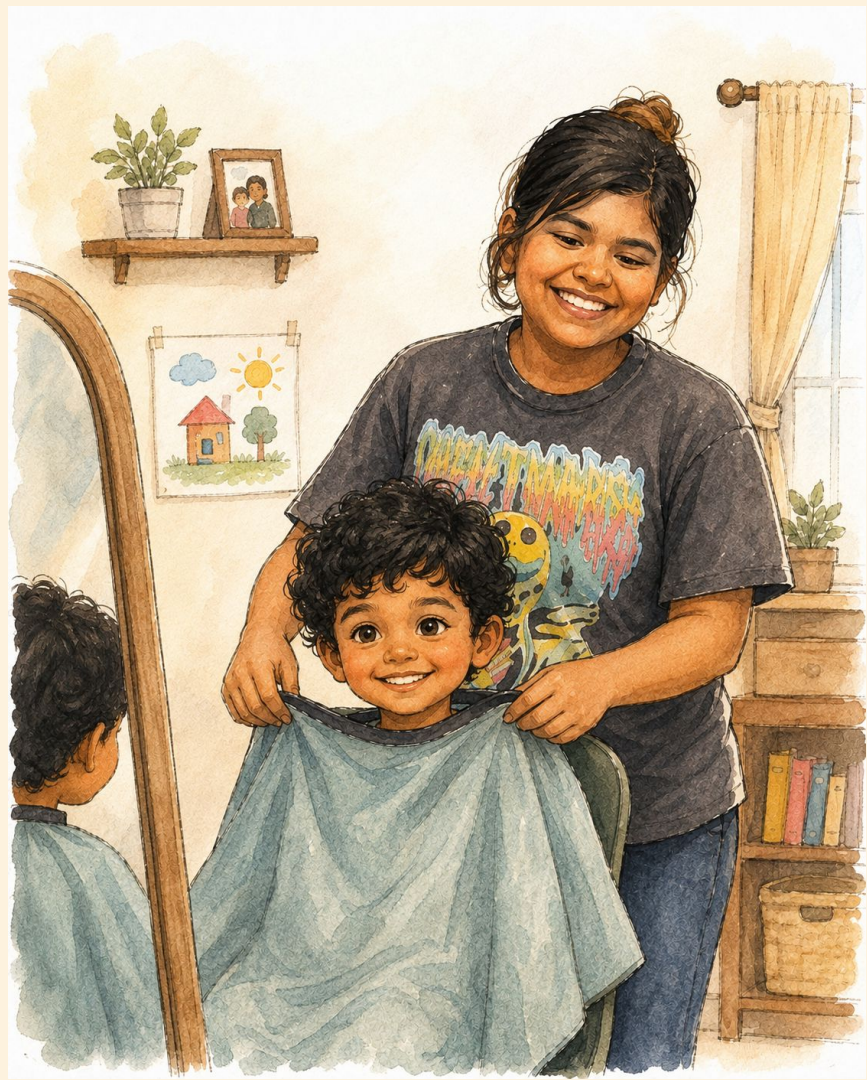




I sit on a chair in front of the mirror.

Mum puts a cape over my body.

The cape helps catch the tiny hair pieces.





Tiny hair pieces are called hair clippings.

Hair clippings can feel itchy.

The cape helps keep the hair off my clothes.



Sometimes, tiny hair clippings land on my skin. They might feel itchy.

I can gently scratch.



The cape helps catch hair clippings, so I can stay comfortable.



Mum may use scissors.

Scissors can be quiet.
Scissors can go slowly.

Snip.Snip.Snip.

Mum may use clippers.

Clippers can make a buzzing sound.

Bzzzzzz.

I may not like the sound.
That is okay.





Clippers can be faster.

I can choose what helps me.

I can choose scissors.

I can choose clippers.

I can choose a break.

I can choose a song.

I can choose to cover my ears

Choices can help my body feel calmer.



If I want a special
haircut, I can tell
Mum.

I can say,
"Short on the
sides.",
"Not too short.",
"Keep some curls."

Or

"Trim only."

Mum can listen.
Mum can help me
choose.

I can tell Mum what haircut I want.





When Mum cuts my hair, I try to keep my body still.

Still head. Still shoulders. Still hands.

Moving can make haircutting harder.

Staying still helps Mum cut safely.

Sometimes haircutting feels strange.



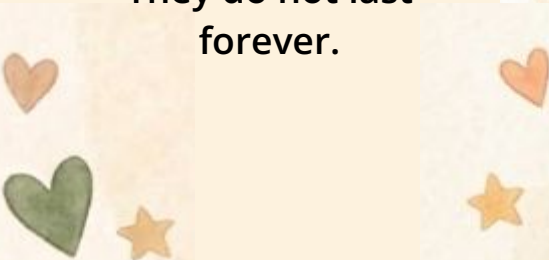


Hair may tickle my
neck.

Hair clippings may itch.
The clippers may sound
loud.

The scissors may feel
close.

These feelings can
happen.



They do not last
forever.

Sometimes haircuts
can feel strange.

That's okay! Our bodies
let us know.



It might be...



a little tickle on
my neck.



itchy clippings on
my skin.



clippers sounding
loud.



scissors feeling
close.



If I need help, I can use
my words.

I can say,
"Pause, please.",

"That tickles."
"I need a break."

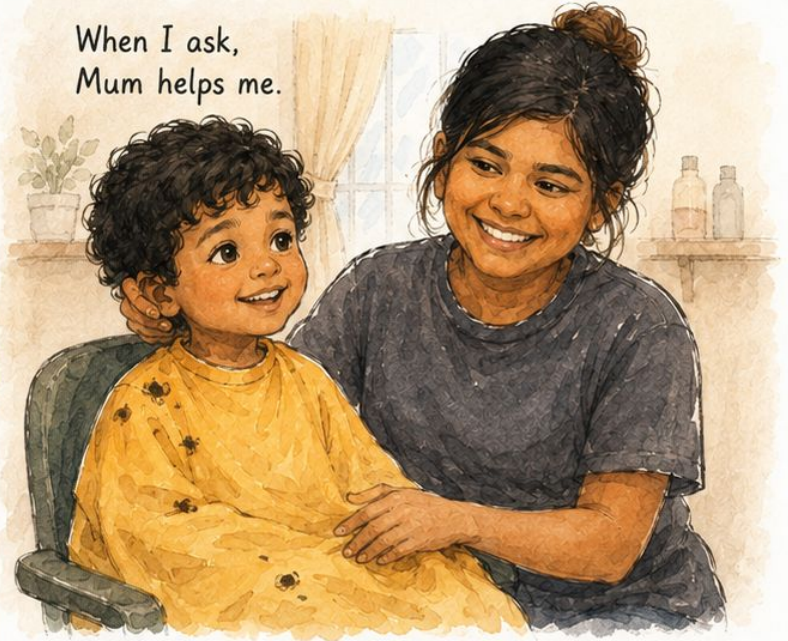
Mum can stop for a
little break.



I can use my words
to ask for help.



When I ask,
Mum helps me.



I am brave for speaking up.
It helps me feel safe and happy.

Haircuts are body care.

Body care means taking care of my body.

Washing hair is body care too.

Brushing teeth is body care.

Washing hands is body care.

Cutting nails is body care.

Healthy habits I can do every day:

Wash my hair



Brush my teeth



Wash my hands



Trim my nails



Washing my hair helps clean my scalp.

Soap or shampoo can help wash away sweat, oil, and dirt.

Clean hair can feel fresh.

Clean hair can smell nice.

Clean hair can feel more comfortable.

Cutting my hair can help my hair be easier to wash, brush, dry,
and care for.

A haircut can help my hair look tidy.

A haircut can help the ends of my hair look neat.

After my haircut...

- 1 Mum helps
brush away
the hair
clippings.



- 2 I can wash
my neck...



or put on
clean clothes.



- 3 I look in
the mirror
and see my
fresh new
haircut!



Everyone's hair is different.
Some people have short hair.
Some people have long hair.
Some people have curly hair.
Some people have straight hair.

My hair is my hair.
I can take care of it.

Everyone has different hair.
That's what makes us special!



Short

Long

Curly

Straight

After my haircut, Mum can help clean the hair clippings.

I can shake the cape, wash my neck, or put on clean clothes.

Then the itchy feeling can go away.

When my haircut is done, I can look in the mirror.

I may feel happy.

I may need time to get used to it.

Both are okay.

New hair can feel different at first.

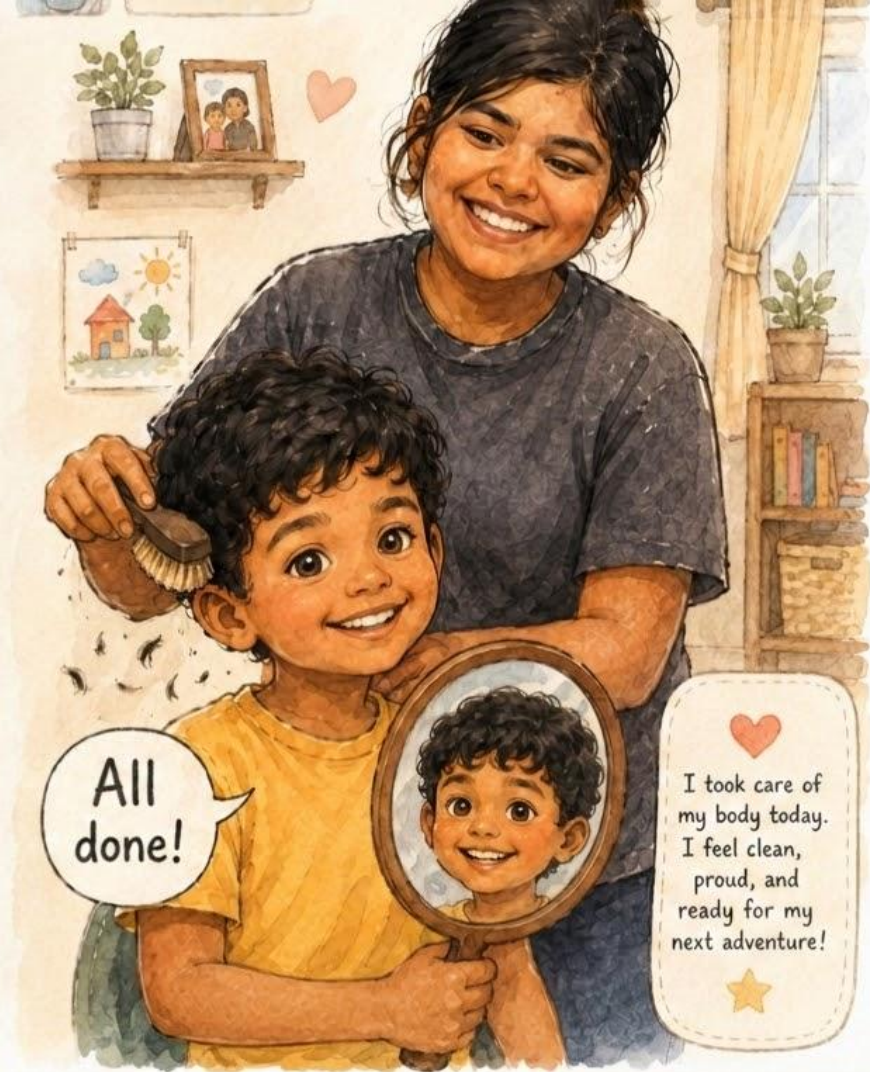
I can say,

"All done!"

Mum may say,

"Good job taking care of your hair."

Getting my hair cut helps me stay clean, comfortable, and tidy.



I took care of
my body today.
I feel clean,
proud, and
ready for my
next adventure!