



Getting a haircut

What happens at a haircut. Point to each picture as it happens.

1



wait my turn

2



sit in the chair

3



spray water

4



comb

5



cut my hair

6



hair dryer

7



look in the mirror

8



all done



Talk at the haircut

Point to tell the hairdresser what you need. Agree on a stop signal before the haircut starts.

Tell the hairdresser

 yes	 no	 stop	 wait	 a break	 too loud
 itchy	 it tickles	 too cold	 nervous	 almost done?	 all done

What helps me

 headphones	 fidget toy	 my tablet	 deep breaths	 count to 10	 big hug
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My hair

 like this photo	just a little	shorter	the same as now	 careful: my ears	 not in my eyes
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A note for the hairdresser

Fill in a note together before the visit, and hand it over when you arrive. Cut on the dashed line: there are two.



A note for my hairdresser

Hi! My name is _____

Haircuts can be hard for me. Please tick what helps:

- ☐ tell me before you start, and show me each tool
- ☐ scissors, please, not clippers
- ☐ no hair dryer
- ☐ a dry cut, please: no spray
- ☐ short breaks are okay
- ☐ go slowly near my ears and neck
- ☐ I may hold a toy or watch my tablet

I talk with:

- ☐ words ☐ pictures ☐ a talker
- ☐ signs

My stop signal: _____

What helps me: _____

Please don't: _____

Thank you!



A note for my hairdresser

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Haircuts can be hard for me. Please tick what helps:

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I talk with:

- ☐ words ☐ pictures ☐ a talker
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My stop signal: _____

What helps me: _____

Please don't: _____

Thank you!