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

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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

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

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
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I talk with:

☐ **words** ☐ **pictures** ☐ **a talker** ☐ **signs**

My stop signal: _____

What helps me: _____

Please don't: _____

Thank you!

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