

- Your child may be more sensitive to touch if they are tired. Think about the time of day the activity is carried out.
- Try to use firm pressure rather than light touch as this is less likely to trigger a defensive reaction.
- Different types of hairbrush may be easier to tolerate. A 'paddle brush' may be helpful as this may achieve a deeper pressure.
- A 'Tangle teaser' may be helpful as it is easier to detangle knots without pulling.
- Brush the ends of the hair first and move up to the roots to reduce the amount of pull on the scalp.
- Your child may find it more tolerable to brush their own hair as they are in control of the sensation. If they are unable to manage independently, using a hand over hand technique enables them to have an element of control.
- Your child may find it helpful to look in a mirror so they can see and understand what is happening.
- Try to keep other aspects of the routine familiar, predictable and the same (e.g. try to buy the same type of brush when replacing) so child is not being overloaded with other sensory information.
- Head massage for a few seconds prior to hair brushing can also help de-sensitise the area.

