

## Haircut: Guardian Responsibilities



### **Before the Haircut Appointment:**

1. <https://www.anybabycansa.org/services/autism-services/additional-services-events/>  
Review the Social Narrative for Getting a Haircut for 3 to 5 consecutive days before viewing the salon
2. Call the Salon and set up an appointment to preview and tour the salon during a non-busy time of day
3. Go to the Salon and tour while staying in close proximity to the individual

### **Day of the Haircut Appointment:**

1. Review the Social Narrative
2. Have a conversation of what type of haircut the individual will be getting; have the individual make choices and get excited about their new haircut
3. Have the individual pick out their favorite fidget or toy to bring to the salon
  - a. Fidget or Toy must be able to be held in their hand, and must not be overly distracting  
Examples: squeeze ball, putty, clickers, etc.

### **During the Haircut Appointment:**

1. Stay with the individual and the stylist throughout the appointment
2. Assist the individual with regulating behavior if behaviors occur; if behavior becomes severe, end the appointment and review expectations before making another appointment
3. Do not hold individual down or physically force individual to partake in the haircut. This may create a negative feeling towards the haircut process and it may make behaviors more severe for future haircuts
4. Respect the stylist and offer assistance when needed

### **After the Haircut Appointment:**

1. Praise the individual
2. Reward the individual with their favorite activity, snack or game
3. Talk about the progress and continue reading the Social Narrative for the future appointment