



Brushing your hair

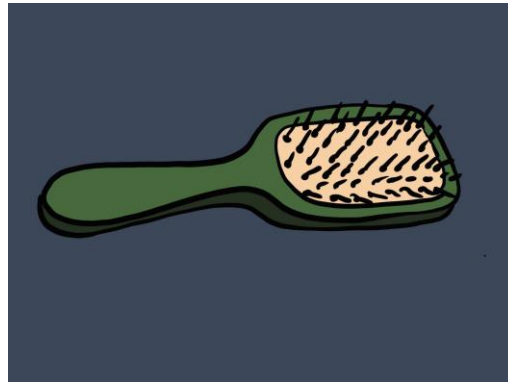
Choose hair products that you enjoy the smell of.

Conditioning your hair regularly can help with tangles.

Some people find tangle teaser brushes useful.

Some people find having their hair brushed feels extremely sensitive. This can be a positive or negative experience.

Massaging your head before starting to brush your hair may help with sensitivity.



Try different brushes and combs and different techniques of brushing, to see what feels best.

If you have long hair, take a bunch of hair, and hold it near your head while you brush it. This will stop it pulling as much.

Tying up long hair may make it less likely to tangle.

Some people may find standing still to have their hair brushed is difficult due to their vestibular and proprioceptive processing needs.

Try sitting down instead of standing.

Perhaps playing with a toy or other distraction while having your hair brushed will help.

Mirrors may or may not be helpful – see what works best for you.

Find a technique that works for you and consider making it part of your daily routine. Avoiding brushing your hair because it feels uncomfortable, may lead to it becoming more unmanageable.

Little and often may be a helpful approach for some people. Or choose times when you feel most relaxed.