Sensory Strategies: Hair Brushing

Children’s Therapy Services
Hair Brushing

Sensory Strategies

• If your child is sensitive to touch, use a brush with a large head.
• When brushing, use firm strokes.
• Brush in front of the mirror so that your child can predict when the brush is coming.
• Have your child brush her own hair.
• Use massage to the scalp prior to hair brushing.
Other Strategies

- Use a conditioner to detangle as much as possible.
- With tangles start at the bottom of the hair, holding just above the tangle and then work up to the root.
- Cut hair short.
- Tangle Teezer – (available through John Lewis and Boots) - Google 'Tangle Teezer'

Ideas for Self Help Skills – for children with Sensory Issues
Adapted from ‘Building Bridges through Sensory Integration’ by Ellen Youch, Paula Aquilla & Shirley Sutten
For further information about this service contact:

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If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: ccs-tr.pals@nhs.net.

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.