

If you have any concerns about this service or suggestions for improvements, contact our Patient Advice and Liaison Service (PALS) on Freephone 0800 011 6113

For free, confidential health advice and information 24 hours a day, 365 days a year contact NHS Direct on 0845 46 47 or via [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

**Our Centres:**

Bull Plain Health Centre, Hertford: 01992 528102

Danestrete Health Centre, Stevenage: 01438 737782

Peace Children's Centre, Watford: 01923 470600

Pat Lewis Child Development Centre,  
Hemel Hempstead: 01442 230861

St Albans Children's Centre: 01727 891100

Tewin Children's Development Centre,  
QEII Hospital, Welwyn Garden City: 01707 328111

If you would like a copy of this document in **LARGE PRINT**, Braille or audio tape, or would like this information explained in your own language, please contact 01707 388038.

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Sensory Strategies

Hair Brushing

Children's Occupational  
Therapy Service



**Caring for you**  
*... closer to home*

This leaflet is designed to give you advice on helping your child overcome any issues with hair brushing. If you have any other questions please talk to your occupational therapist.

### Hair brushing

- 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, Boots and '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 Suttan