

PREPARING FOR YOUR CHILD'S FIRST HAIRCUT

a Sensory-Safe Parent Guide

We know a first haircut can feel like climbing Everest with scissors! Here's how to make it feel safe, calm and even fun...

BEFORE YOUR VISIT

• UNDERSTANDING YOUR CHILD'S EXPERIENCE

For many children, the haircut itself isn't the difficult part. Your child might be struggling with:

- Needing extra time to transition
- Not knowing what will happen next
- Being touched by someone they don't know
- Hair falling on their skin
- Feeling rushed or pressured

When we understand what's driving the discomfort, we can make small adjustments that help children feel safer and more in control

• SHARE SENSORY NEEDS

You know your child better than anyone - before your visit, tell us:

- Favourite interests or characters
- Comfort items they may bring
- Helpful language or phrases
- Sensory sensitivities
- Things to avoid

The more we know, the better we can tailor the experience to your child.

• BUILD FAMILIARITY

Read our Social Story and watch videos of us in action on Instagram @sien.hair



• SUCCESS DOESN'T HAVE TO LOOK PERFECT

Some children walk in and jump straight into the chair. Others need time.

A successful visit might be:

- Sitting in the chair
- Wearing the cape
- Allowing a brush
- Having one snip
- Exploring the salon

Every positive experience builds trust for next time.

what to bring ...

SPARE CLOTHES

Hair can be sneaky - especially if the cape isn't a favourite - so a fresh top can make the trip home more comfortable

SNACKS

For comfort and gentle distraction

COMFORT ITEMS

Special toys, weighted favourites, anything to help your child feel safe and settled