



I brush or comb my hair.

1. It is important to brush my hair once or twice a day. There are many different types of brushes and combs. I can pick the one I like most that works on my hair.
2. If my hair is long, it is easier to brush or comb my hair by separating into sections. I brush or comb one section at a time.
3. I start near the ends of my hair and lightly gently brush or comb my hair downward a few times, until there are no knots in that section.
4. Then I put the brush or comb higher on my hair near the scalp, lightly brushing or combing downward until the knots are removed.
5. I repeat this for each section of my head.

