

# Getting My Hair Cut



**KOHL'S**  
Autism Awareness  
**Make Friends**  
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I get my hair cut when it gets too long or when I want a new hairstyle.

I go to a salon or a barber shop to get a hair cut.

There are many lights, noises, and smells inside. The noises and smells come from the products that they use to style hair. It may take me a few visits to get used to them.

I need to wait my turn before I can sit down. A barber or a hairstylist will call me when it is my turn.



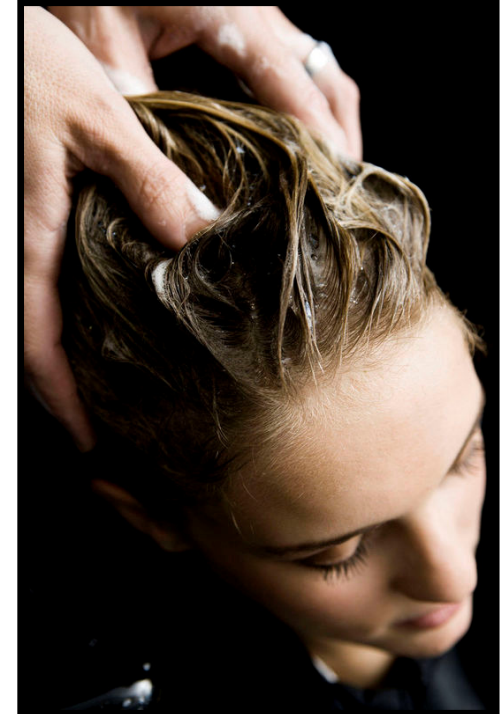
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Sometimes a barber or hairstylist will wash my hair. I sit in a chair with my head leaning back.

When I get my hair washed and cut, I wear a plastic cape. The cape can be one color or different colors. I wear the cape during the hair cut so that my clothes don't get wet or the hair doesn't fall on my clothes.

I wear the cape that the person gives to me. If it is too tight around my neck, I can ask for it to be loosened.





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The person will massage my hair and use water and shampoo to clean it.

If the water is too hot or too cold, I can ask to change the temperature.

I can hold my nose if the smell of the shampoo bothers me.



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After my hair is washed, the person may put a towel on my head so that water doesn't drip on the floor. The person may rub the towel on my head. This helps my hair dry a little.

Then, I sit in a chair that is made for people to get hair cuts. This chair can go up and down and spin around to help the barber or the hairstylist see how to cut my hair. If the movement bothers me, I can tell the barber or hairstylist.



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The barber or hairstylist will use different tools to cut and style my hair. Each tool can be a different color or size. Some make noise, some do not.

The person will be careful when using them on my hair. If something bothers me, I can calmly tell my barber or hairstylist.

I keep my hands on my lap during the hair cut.



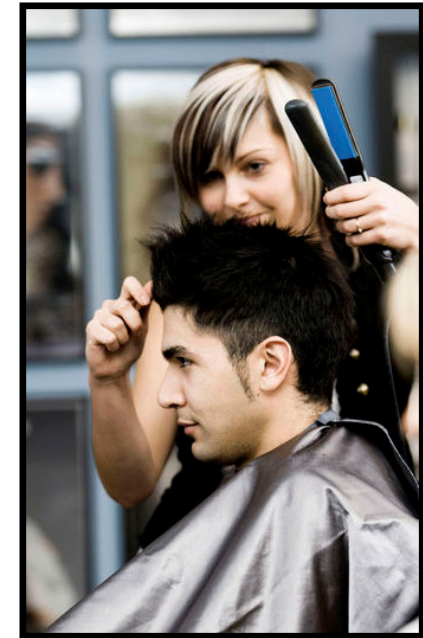
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The barber or hairstylist will cut the front, top, sides, and back of my hair.

If the barber or hairstylist uses a clipper, it will make noise and vibrate. This tool is used to cut my hair short or trim sideburns. The clipper can vibrate my head. This vibration doesn't hurt me.

I keep my head still during the hair cut, unless the barber or hairstylist asks me to move.





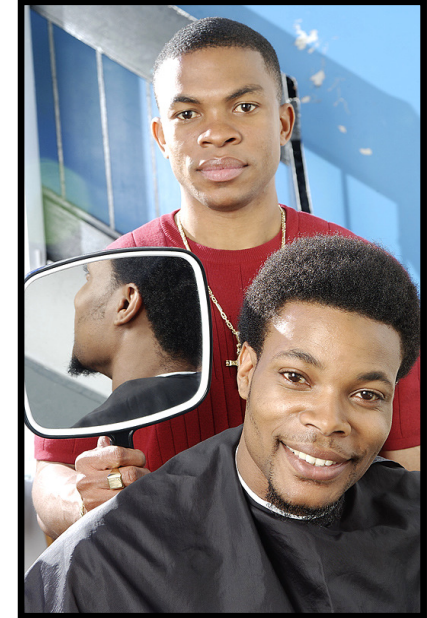
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Sometimes the barber or hairstylist will use styling equipment on my hair. They are used to make my hair look good.

A hair dryer dries my hair. It makes a humming noise. If the noise bothers me, I can cover my ears.

The hair dryer blows warm air on my head to dry my hair. If it feels too hot, I can tell the barber or hairstylist.





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The barber or hairstylist will style my hair.

There are many ways to style hair.

When the person is finished styling, they will remove the cape.

I should thank the barber or hairstylist when he or she is done.

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[www.childrens-specialized.org/KohlsAutismAwareness](http://www.childrens-specialized.org/KohlsAutismAwareness)

For more information about this program contact: [KohlsAutismAwareness@childrens-specialized.org](mailto:KohlsAutismAwareness@childrens-specialized.org)



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