



CHARITYMOHS

HAIR ARTISTRY

Getting a Haircut

A Social Narrative

Today I am going to get a haircut.

I'm going to go to District on 50th.

I will walk into the Salon.



I will be greeted by my hairstylist.

My hairstylist is Charity Mohs.

She will make sure that I feel comfortable during my haircut.

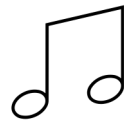
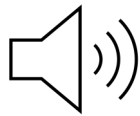
I can ask her if I need something or want a break.



The salon is a large room with chairs and different stations for each hairstylist. Soft music plays in the background of the salon.

It can be loud if there are a few people in the salon at a time. I can have my appointment in the morning when there is less people.

I can bring noise canceling headphones if noise bothers me. I can where headphones if I need during my haircut. I will need to take my headphones off when my hair is being rinsed. I can flip my headphones down when my hair is being cut.



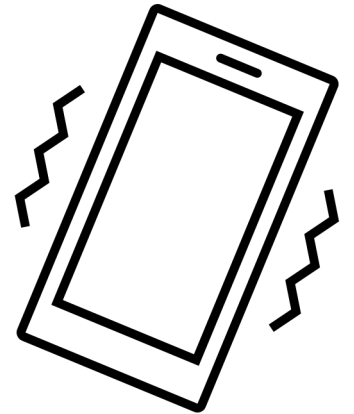
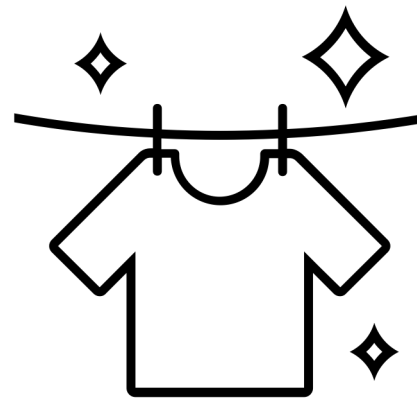
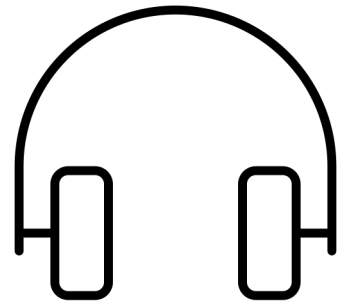
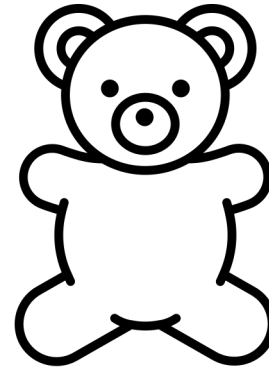
Tips for a Successful Haircut

I can bring items with me that will make me feel more comfortable.

I can bring snacks and water.

I can bring my favorite toys, fidgets, iPad or electronic devices that can help me stay calm during my haircut.

I can bring an extra change of clothes with me. I can change into my clean clothes after my haircut if the clothes I'm wearing feel itchy.





Charity will bring me to a special haircut chair.

She will help me get into the chair if I need help.

I will get my haircut in this chair.

Charity will tell me what will happen each step of the way.

I might wear a cape when I'm getting my haircut.

This is to help keep the hair that is cut off off my clothes.

If the cape is making me uncomfortable, I can tell Charity "no thanks."

She will make sure that I am comfortable during my haircut.





Charity, my hairstylist, uses different tools during my haircut.

She may use a scissors, hair clippers, a spray bottle and a hair dryer.

Charity will let me know what she is doing before she will do it.

I can use any items that I brought to help me through my haircut – like toys, fidgets and more.

Charity will wash my hair before she cuts my hair. My hair is easier to cut when it's wet.

She will check in with me about the pressure of the water and/or touch.

She will check in with me about the temperature of the water.

Charity will ask me if I want her to put shampoo in my hair. If I want shampoo, then Charity will use products that may smell to clean my hair. If I don't want shampoo, I can tell her "no thank you."

If I'm feeling overwhelmed, I can let Charity, my hairdresser, know.





Once my hair is wet, Charity will begin cutting my hair.

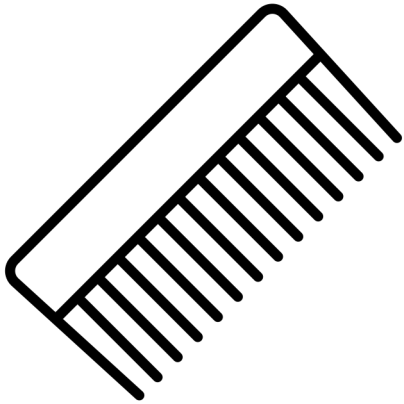
I will sit in my special chair. I can use items that I brought with me to help me stay calm.

Charity will show me the tools before using them. My haircut won't hurt.



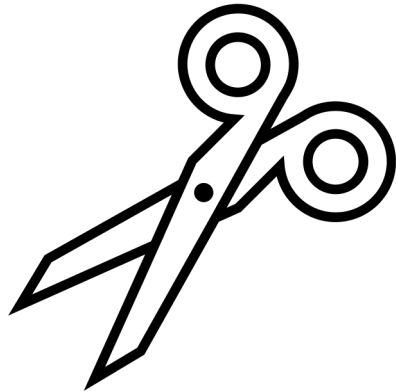
I will hear the scissors cutting my hair and/or the clippers buzz. Charity will touch my hair and head while she is cutting it.

If I'm feeling overwhelmed, I can talk to Charity. I can take deep breaths. I can ask Charity to slow down.



Charity might ask me to “keep my body still”, “hold my head up or down”, and “tilt my head to the side.”

She is asking me to do these things so that she can cut all areas of my hair.



When Charity is done cutting my hair, she will ask me if I want my hair dried. I can say, “no thank you” if it is not something I want to do. If I want my hair dried, Charity will use a blow dryer to dry my hair. The hairdryer will produce warm air and make a loud noise.

When my hair is dry, Charity might use a brush to get loose hair off my neck.

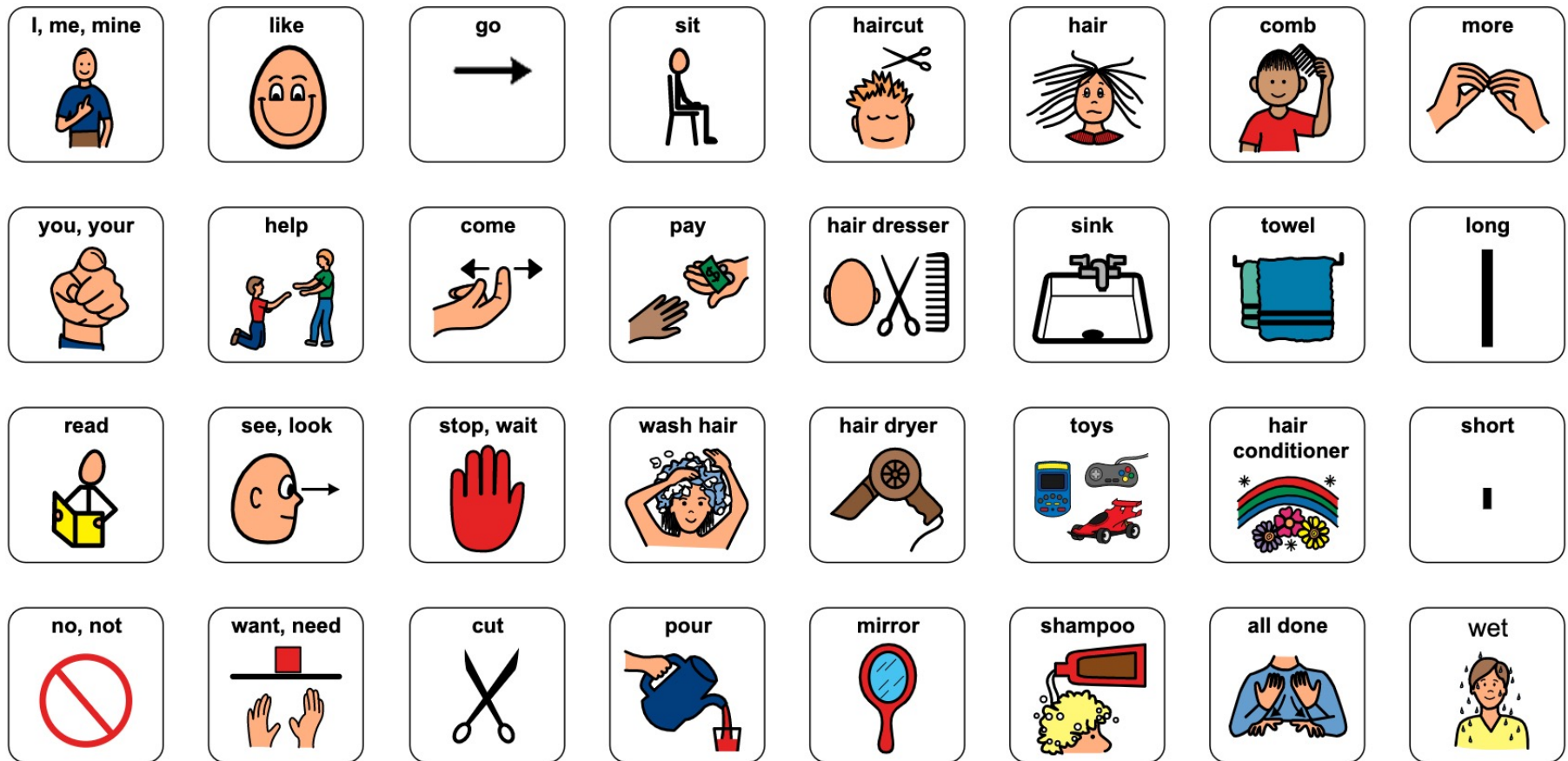
After all the hair is off my neck, I am finished with my haircut.

My hair is cut, and I look good!

It is nice to visit Charity and get my hair cut.



PICS that can help me communicate with Charity



Resources

Songs

- <https://youtu.be/LtQRzHHWLCK>
- <https://youtu.be/7crlEEeYTPE>

Videos

- <https://youtu.be/JDIYA1M4m8g>
- <https://youtu.be/i3pZlAY9QhM>
- <https://youtu.be/HPMRFC-1xEA>
- <https://youtu.be/i7dVdxl03Rc>
- <https://youtu.be/22Roi99di3I>

