

## WASHING YOUR HAIR:

1. **Wet your hair.** Make sure it gets REALLY wet!
2. **Shampoo hair.** You don't need more than a quarter size amount of shampoo.
3. **Massage shampoo into scalp.** Make sure you don't scrub your hair too much or use your nails. Use your fingertips instead.
4. **Rinse your hair well.** Make sure to get the soap out! Shampoo that isn't rinsed out may leave your head itchy!
5. **Towel dry your hair.**
6. **Comb your hair with a wide-toothed comb.** Using wide-toothed combs help prevent breakage. Also if you have a tangle, don't tug or pull! It will rip and damage your hair. Get some detangler to help.
7. **Air dry your hair when possible.** When you can, try not to use a hair dryer. The heat can damage your hair, especially if you are not using a heat protecting spray.

## HAIR CHALLENGES THAT WE MAY ALL FACE:

- **Dandruff.** You can use special shampoo to help with this.
- **Sun** can damage your hair, so wear a hat if you are in the sun for a long time!
- **Chemicals like chlorine** from a pool can really dry out and damage your hair. You should shower after you go swimming!
- **Treatment to make your hair straight or curly.** The chemicals in these treatments can damage your hair if used a lot.
- **Blow dryers/Straighteners/Curling irons.** The heat can damage and burn your hair. Let your hair air dry or use a heat protecting spray.
- **Split ends** are when the bottom of your hair is split. The only real solution to getting rid of split ends is cutting them off and then taking better care of your hair.