



How to tackle TANGLES in your Child's hair the easy and pain-free way!

Following some simple steps will help you remove tangles from your child's hair without causing them pain or anxiety.

Getting Started:

Check the whole head for tangles before you start so you know where they all are. Snagging a tangle suddenly is what causes the pain!

Before you start, explain that you are going to get the tangle out without causing pain.

Talk to your child during the process to distract them.

While removing the tangle keep checking that your child is not feeling any discomfort; this will give them confidence.

Tackle the tangles when the hair is dry. Wet hair is much more "stretchy, so extra care should be taken when working on wet hair to prevent it breaking.

When you find a tangle gently tease the hair apart to loosen the knot with your fingers; pulling it width ways to splay it apart, this makes it weaker and easier to remove. Always lift the hair towards the scalp while you are working on it, never dragging downwards.

If the tangle is caused by sticky residue from food or sweets, just wet the tangle with a few drops of water from your fingers and work the water in to loosen the debris, For excessive residue you may need to do this twice or massage a few drips of shampoo into the tangle then rinse and blot.

The pain is caused when pulling the hair away from the scalp, so to prevent this, If the hair is long enough, first isolate the tress of hair with the tangle then firmly grab the tress in your fist tightly holding between the tangle and the scalp . If the hair is short or the tangle is close to the scalp, use your finger and thumb to firmly hold the hair above the tangle and make some slack between the scalp and your hand/fingers - this helps to prevent the hair pulling at the roots.

Using your free hand gently comb or brush the hair downwards. Start at the very bottom of the tangle (never at the top as this compresses the hair more and tightens

the knot) keep working your way through to the top of the tangle until it has been combed/brushed away.

Prevention is better than cure!

'Leave in' Conditioner after shampooing is a good way to keep the hair soft and shining and helps to remove tangles.

Tie longer hair up at night using a soft "scrunchy." Never use a rubber band to tie hair up as this can tear the hair causing split ends.

We have these for sale at reception!

Suggest tying hair back during meal times, or tucking away from their face while eating.

Brush the hair including the underneath every day - morning and night using a 'bristle' brush.

Once your child knows you will not cause them pain they will be more willing to let you tackle this task. As soon as they are able to, show them how to do it by themselves and encourage them to brush their hair each night and morning.

Good luck.

