



Hair Care for Black/Dual Heritage Children

This factsheet has been compiled to support parents/carers to provide and deliver hair care to black/dual heritage children.

Introduction

There are a variety of textures, colours and needs which apply to children of black or dual heritage.

Most black/dual heritage hair types, like all other hair types, need regular and important daily routines to ensure hair is appropriately cared for, which will help to build children's positive self-image of themselves.

The right tools and products are necessary to ensure that children are not distressed whilst maintaining children's hair.

Distress and damage to children's hair and scalp can occur if the right tools and products are not used.

To lesson distress for children, follow the listed instructions:-

- Make appropriate time to prevent rushing.
- Allow child/ren to choose a variety of activities that will keep them stimulated and focus away from the actual combing/brushing of the hair.
- Ensure appropriate hair products are 'at hand' to prevent prolonging hair care routine.
- Hair should be sectioned in small squares and a small amount of oil-based conditioner applied to the root base of the hair and then to the remainder of the sectioned hair.

- A fairly wide-toothed comb and/or wide bristled brush to be used to help loosen tangles and help gather hair into a suitable style.
- HINT - the use of hair detangler prior to brushing or combing will soften and loosen hair which is of tight curls.
- Girl's hair can be styled in bobbles, plaited or combed into the desired style.
- Boy's hair can be styles as preferred using the appropriate hairbrush or hands.
- Some methods of hair care for girls can be used for boys depending on length and texture.

It is important to care for boy's hair as it is for girls.

Giving appropriate attention and time to their hair care routine will encourage positive self-image, develop aspects of children's identity and support their self-care skills.



Maintenance of black/dual heritage hair

Black/dual heritage hair is easily maintained (contrary to belief) if regularly cared for using the appropriate products, methods and hair tools.

Washing

- Black/dual heritage hair does not need to be washed every day provided appropriate care is taken in maintaining the hair throughout the week. (See directions on hair care).
- Weekly washing is recommended with appropriate products i.e., shampoo and conditioner.
- Children's hair should be sectioned, moisturised with oil-based conditioner, brushed or combed into desired style.
- Hair can be plaited, twisted etc., and be styled as desired.



Hair Tools

These can be purchased from a variety of retail outlets and should be appropriate for your child's hair type i.e., wide-tooth comb for curly hair to lessen pulling of the hair which can also be easily loosen tangled hair.

Brush to be soft to medium bristled to prevent child and hair distress.

The right hair tools and products are needed to ensure children are not distressed which can

happen if the right hair tools are not used. Dry tangled hair, using inappropriate products and hair tools causes pain and distress for children.

This will encourage children from an early age to love their hair and its versatility, rather than negatively develop self-consciousness of themselves and their hair.



Directions on continual care

- Comb hair with wide-tooth comb or brush with soft to medium bristles on a daily basis.
- Apply a small amount of oil-based moisturiser daily.
- This should be applied to a sectioned area (small portion) of hair and to the scalp on a daily basis.
- Hair to be washed at least once weekly and 'leave in conditioner' applied.
- Hair to be moisturised with appropriate hair products after each wash by sectioning and then combing through every hair.
- After washing, hair can then be plaited or twisted to maintain its moisture and to lessen hair becoming tangled and then difficult to comb.

African Caribbean/dual heritage children's hair is varied and beautiful.

To maintain its beauty, hair must be cared for on a regular basis.

The only obstacles within the Nottinghamshire area to prevent the maintenance and care of black hair is accessing the relevant and appropriate products needed to care for black hair.

Places to purchase products and information for black hair

- African Caribbean/Asian shops and outlets (Victoria Centre Market, Nottingham) for a large selection of hair and skin products for black hair and skin.
- Bee Hive News 62a Carter Lane, Mansfield, Notts NG18 3BF.
Tel: 01623 622410
- Forming links with other carers of black/dual heritage children can help in getting products without visiting Nottingham, Sheffield or Doncaster all the time i.e., taking turns to visit Nottingham etc., will lessen the cost in travel expenses.
- SandyBank family centre and listed family centres have resource boxes with a few varieties of hair products/resources which are recommended for some black hair types.
- Other outlets in Sheffield and Doncaster.

Compiled by Marva Williams, Social Worker