



Hair Care



Tips For Children



Wash the hair twice a week with warm water if the child has normal hair

Increase the frequency if they have oily hair



Wash the hair after every swim to get rid of the chemicals

Massage the shampoo more on the scalp and less on the length of the hair



Conditioners are a must for dry and curly hair types

Use a wide-toothed comb, especially for curly hair



Ponytails and braids shouldn't be tight

Use covered rubber bands to prevent pulls and tears



References:

1. Teaching Your Child Healthy Hair Care Habits; American Academy of Dermatology Association
2. Personal hygiene for children; Healthdirect