



CONNECTICUT

Children & Families

DCF Skin and Hair Care Manual

December 2025



Disclaimer:

Family of origin involvement: Quality Parenting Initiative [QPI]

The Quality Parenting Initiative (QPI) fosters collaboration between licensed caregivers and a child's family of origin to ensure the child's well-being. By promoting open communication and strong relationships, QPI helps children experience stability, emotional security, and continuous support. It positions foster parents as essential partners in the child's journey, encouraging them to advocate for the child while maintaining connections with their biological family. Ultimately, QPI creates a nurturing environment that enhances long-term success and emotional resilience.

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PART 1: UNDERSTANDING ETHNIC AND BIRACIAL HAIR

Part 1: Introduction to Ethnic and Biracial Hair

Historical and Cultural Perspectives:

The role of hair in African, Native American, Asian, and Latine cultures holds significant importance serving as a marker of identity, heritage, and social status. In many African cultures, traditional hairstyles can convey messages about a person's age, marital status, and even tribal affiliation. Similarly, Native American tribes often incorporate hair in ceremonial contexts, where long hair symbolizes strength and a connection to ancestry. In Asia, various styles can represent religious beliefs, such as the Sikh practice of maintaining unshorn hair as a sign of spirituality. For Latine cultures, hair care practices often reflect a blend of indigenous, African, and European influences, celebrating individuality while also paying homage to rich cultural histories through traditional styling practices and colors.

Impact of Colonization and Oppression and Hair as a Form of Identity and Resistance

Colonization and oppression have profoundly affected the ways in which hair is perceived and treated among marginalized groups. For many indigenous populations and people of African descent, colonial oppression often involved enforced assimilation and denigration of traditional practices, including those related to hair. However, these same groups have reclaimed hair as a powerful symbol of identity and resistance. The natural hair movement among Black communities, for example, is not just a rejection of Eurocentric beauty standards, but a celebration of cultural heritage and personal autonomy. Similarly, many Native American individuals have embraced traditional practices and styles, using their hair as a canvas for cultural expression and resilience against historical erasure. In this way, the act of wearing hair naturally or in culturally significant styles becomes a form of protest against centuries of oppression and a reaffirmation of identity.

Hair as a symbol of cultural pride

Hair often emerges as a poignant symbol of cultural pride among various communities, representing both a connection to ancestry and an assertion of identity. In many African cultures, intricate hairstyles, such as braiding and adornment with beads, serve to celebrate one's heritage and showcase artistry. For Latine individuals, hair can reflect a blend of cultural influences, allowing for expressions of pride in both indigenous roots and African ancestry.

Among Native American peoples, hair holds sacred significance, typically seen as a link to one's spirit and culture. In Asian communities, hairstyles can signify cultural practices and beliefs, such as the hairstyle of women in traditional Chinese culture that highlights femininity and grace. Consequently, hair is not merely a physical attribute; it embodies the stories, struggles, and triumphs of a culture, instilling a sense of pride among individuals who embrace their unique hair heritage.

Influence of Media and Popular Culture

Media and popular culture significantly shape perceptions of hair and identity, often perpetuating narrow beauty standards that can marginalize diverse hair types and styles. However, there has been a noticeable shift in recent years, as hair representations have become increasingly diverse and inclusive. Social media platforms have given rise to movements that advocate for the celebration of natural hair, prompting broader discussions about beauty and representation. Prominent figures in music, film, and fashion have embraced their natural textures, helping to dismantle stereotypes and change societal attitudes towards hair. Movies and television shows that portray characters with historically significant hairstyles have fostered greater awareness and appreciation for cultural specificity. This evolving narrative not only impacts individuals' self-esteem but also highlights the critical role of hair as a vehicle for empowerment, self-expression, and cultural visibility in a rapidly changing media landscape.

Importance of Specialized Care

Recognizing and Adapting: Individuality in Hair

Recognizing and adapting to the unique needs of an individual's hair is crucial for maintaining its health and integrity. Every person's hair has distinct characteristics, such as texture, porosity, and growth patterns, which require personalized care. Adapting to these individual needs involves understanding how different hair types respond to various products, styles, and environmental conditions. By acknowledging and respecting this individuality, caregivers and professionals can provide tailored hair care that promotes optimal health, prevents damage, and enhances the overall appearance of the hair. This personalized approach not only ensures the physical well-being of the hair but also boosts the individual's self-esteem and confidence.

Challenges of Improper Care

Improper hair care can lead to a myriad of challenges, including damage, breakage, and scalp irritations. Using the wrong products or techniques can strip the hair of its natural oils, cause split ends, and lead to frizz and unmanageability. Moreover, neglecting regular maintenance, such as trims and conditioning, can result in hair that looks dull, brittle, and lifeless. The consequences of improper care can be particularly severe for individuals with sensitive scalps or pre-existing hair conditions, leading to discomfort, pain, and even long-term damage. It is essential, therefore, to prioritize proper hair care practices to avoid these challenges and maintain healthy, vibrant hair.

Benefits to Holistic Well-being

Proper hair care extends beyond the physical benefits, contributing significantly to an individual's holistic well-being. Healthy hair can boost self-confidence, enhance self-esteem, and foster a positive body image. Moreover, the act of caring for one's hair can be therapeutic, providing a sense of relaxation and calmness. A well-cared-for scalp and hair can also influence mental health, reduce stress and anxiety while promote a sense of comfort and security. Furthermore, adopting healthy hair care habits can encourage a broader commitment to overall wellness, inspiring individuals to prioritize their physical, emotional, and mental health. By recognizing the interconnectedness of hair care and holistic well-being, individuals can cultivate a more comprehensive approach to their health and happiness.

Role of a Caregiver and Professional

The role of a caregiver, particularly a biological family member for a child, is indispensable in providing specialized hair care. Biological family members often have an intimate understanding of a child's hair needs, having observed its growth patterns, texture, and responses to different products and styles. They can offer personalized care, adapting to the child's unique requirements and preferences. Moreover, family members can provide emotional support and reassurance, helping the child develop a positive relationship with their hair. Professionals, such as hairstylists and dermatologists, also play a vital role in offering expert guidance, treatments, and products tailored to the individual's hair type and needs. By collaborating with professionals and leveraging the love and care of family members, individuals can receive comprehensive support for their hair care needs, fostering healthy, happy hair and a positive self-image.

Hair Structure and Biology

Hair Anatomy: What's in a Strand?

Understanding hair structure and biology is fundamental to effective hair care. Hair is primarily composed of a protein called keratin, which forms the hair strand's anatomy and gives it strength and resilience. Within each hair strand, three layers exist: the cuticle (outer layer), cortex (middle layer), and medulla (innermost layer). This intricate structure determines not only the hair's thickness and texture but also how it reacts to various hair care products and environmental factors.

Hair structure: The hair structure refers to the physical components of a hair strand, including the cuticle, cortex, and medulla. The cuticle serves as a protective barrier, while the cortex contains keratin fibers that contribute to the hair's elasticity and strength. Understanding this structure can help individuals choose appropriate products and treatments for their specific hair needs.

1. **Growth cycle:** Hair undergoes a unique growth cycle consisting of three phases: anagen (growth phase), catagen (transition phase), and telogen (resting phase). The duration and characteristics of these phases can vary by individual and hair type, determining overall hair health and length. For instance, during the anagen phase, hair may grow continuously for several years, while during telogen, it may remain inactive before eventually shedding.
2. **Scalp Health:** Healthy hair starts with a healthy scalp, which provides a nourishing environment for hair follicles. Maintaining scalp health involves proper cleansing, hydration, and addressing any conditions such as dandruff or psoriasis. A thriving scalp can support optimal hair growth and texture, making it essential for comprehensive hair care.

Understanding Curl Patterns

Understanding curl patterns is vital for developing effective hair care routines tailored to different hair types. The hair typing system classifies hair into categories, each reflecting its unique texture and curl pattern. This classification aids in identifying the best products and

techniques for care and styling, ensuring that individuals can enhance and celebrate their natural hair.

Hair typing system: The hair typing system categorizes hair into four main types based on its curly pattern, allowing individuals to identify their specific hair characteristics and needs.

Type 1: Straight: This type features smooth, straight strands with no curl. It tends to be shinier due to the cuticle layers lying flat, allowing for natural oil distribution from the scalp.

Type 2: Wavy: Wavy hair has a loose, S-shaped pattern that can range from fine to coarse. This is versatile and can be styled straight or curly, but it may require additional moisture to prevent frizz.

Type 3: Curly: Curly hair forms spiral or corkscrew-shaped curls that can range from loose to tight. This type requires careful hydration and definition techniques to maintain bounce and minimize frizz.

Type 4: Coily (Kinky): Coily hair features tight, dense curls that may be fragile and prone to shrinkage. This type typically requires deep conditioning and specific styling methods to maintain moisture and prevent breakage.

Hair Porosity and Its Impact on Care

Hair porosity refers to how well hair can absorb and retain moisture, playing a crucial role in hair care practices. The level of porosity can significantly impact how hair responds to various products, styling techniques, and environmental factors, making it essential for individuals to understand their unique porosity level for effective hair management.

1. **What is Hair Porosity?** Hair porosity is determined by the condition of the cuticle layer and how open or closed it is. There are three main levels of porosity: low, medium, and high. Low porosity hair has tightly sealed cuticles that resist moisture absorption, while high porosity hair has gaps in the cuticle that readily absorbs moisture but can lose it quickly. Medium porosity hair strikes a balance, holding moisture well.
2. **Care Based on Porosity:** Hair care regimens should be tailored based on an individual's porosity level. Low porosity hair often benefits from lightweight products and heat during conditioning to help with absorption. Medium porosity hair generally works well with most products, while high porosity hair requires heavier moisturizers and sealing

oils to lock in moisture and reduce breakage. By understanding porosity, individuals can choose products and techniques that best meet their hair's specific needs, promoting overall health and appearance.

Common Hair Concerns and Conditions

Breakage, Thinning, and Hair Loss (including traction alopecia)

1. **Causes:** Hair breakage, thinning, and loss can result from various factors, including genetics, hormonal changes, nutrient deficiencies, heat styling, chemical treatments, and mechanical stress like tight hairstyles (traction alopecia). Environmental factors, such as pollution and harsh weather, can also contribute to these conditions by weakening hair strands and follicles.
2. **Repairing:** Repairing damaged hair requires a focused approach, often involving the use of strengthening shampoos and conditioners, protein treatments, and deep conditioning masks. Reducing heat styling and chemical treatments can also help restore the hair's integrity over time. In some cases, consulting a dermatologist may provide access to treatments specifically designed to stimulate hair regrowth.
3. **Preventative Measures:** To prevent breakage and hair loss, it is essential to adopt healthy hair care habits, such as minimizing heat exposure, using protective styling, and opting for gentle hair accessories. Maintaining a balanced diet rich in vitamins and minerals can support overall hair health, while regular scalp massages may promote circulation and encourage hair growth.

Scalp Health Issues (e.g., Dandruff, Psoriasis)

Scalp health is vital for maintaining healthy hair, and various conditions can affect it, including dandruff and psoriasis. Dandruff, characterized by flaking and itching, can result from dry skin, fungal infections, or sensitivity to hair products. Psoriasis, on the other hand, is a chronic autoimmune condition that leads to red, scaly patches and can affect both the scalp and overall skin health. Addressing these conditions often involves specialized shampoos, treatments, and, in some cases, medical intervention to restore scalp health and prevent further discomfort or hair loss. Regular scalp care and understanding individual sensitivities can also greatly improve conditions and promote a healthy environment for hair growth.

Crown Act

In 2021, Connecticut passed the "CROWN Act," which bans discrimination based on hair texture and hairstyles traditionally associated with people of color. This legislation prevents employers in Connecticut from discriminating against job applicants or employees because of their natural hair or chosen hairstyles. The CROWN Act broadens the definition of "race" to encompass characteristics historically linked to racial identity, such as hair texture and protective styles like braids, locs, and twists.

Key highlights of the Connecticut CROWN Act include:

What it does: According to Governor Ned Lamont, it forbids discrimination based on hair texture and styles commonly linked to people of color.

Impact on employers: Employers are advised to review and amend their grooming policies to ensure they do not contain rules that violate the CROWN Act. This includes removing policies that mandate specific hairstyles, ban certain styles, or show a preference for hairstyles.

Enforcement: The Connecticut Commission on Human Rights and Opportunities (CHRO) is responsible for investigating complaints of discrimination related to hair, treating such cases as racial discrimination under the Act.

Related legislation: Connecticut's CROWN Act aligns with similar laws enacted in other states, as noted by Governor Lamont. Additionally, federal CROWN Act bills are currently under consideration, as reported by the CT.GOV press [release](#).

PART 2: COMPREHENSIVE HAIR CARE

Part 2: Comprehensive Hair Care

Introduction

Caring for Afro-textured hair requires a thoughtful and consistent approach to maintain moisture, minimize breakage, and promote healthy growth. This section equips caregivers with essential knowledge on hair care routines, product selection, and best practices for different hair textures. Proper hair care fosters confidence in children while empowering caregivers to maintain healthy hair.

1. Recommended Hair Care Routines

Hair care routines should be customized based on hair type, scalp condition, and lifestyle. A structured routine ensures hair remains hydrated, tangle-free, and protected from damage.

Customizing Routines for Different Hair Types and Textures

- **Understand hair characteristics:** Identify porosity, curl pattern, and specific needs to guide product selection.
- **Plan styles in advance:** Determine whether professional styling is needed and schedule accordingly.
- **Maintain consistency:** A regular routine promotes healthier hair.
- **Prioritize moisture:** Afro-textured hair tends to be dry, requiring deep conditioning and hydration.
- **Be gentle:** Proper detangling and handling prevent unnecessary breakage.
- **Determine washing frequency:** Typically, washing is recommended every 7–14 days, adjusting for protective styles.
- **Use protective measures:** Silk bonnets, scarves, and pillowcases reduce breakage and moisture loss.

Routine Breakdown for Afro-Textured Hair

Wash & Style Session

- **Pre-Wash & Detangle** – Section hair and gently detangle using fingers or a wide-tooth comb.
- **Cleansing** – Use a sulfate-free shampoo to cleanse the scalp while preserving natural oils.
- **Conditioning** – Apply a moisturizing conditioner or deep conditioner to restore hydration.
- **Moisturizing & Sealing** – Apply a leave-in conditioner and seal with a light oil or butter.
- **Styling** – Select a style based on hair length, preference, and maintenance needs.

Morning Routine

- **Detangle** – Lightly comb through hair if needed.
- **Moisturize & Seal** – Mist with water or leave-in conditioner and seal moisture in.
- **Style** – Refresh previous styling or apply a new style as needed.

Nightly Routine

- **Detangle (if needed)** – Skip this step if the style is maintained.
- **Refresh & Hydrate** – Lightly mist with water and leave-in conditioner.
- **Protect & Seal** – Apply oil to ends and secure hair with a satin bonnet or scarf.

2. Cleansing and Conditioning

Pre-Wash Preparation & Detangling

- Schedule adequate time for washing.
- Apply a detangler and section hair into manageable parts.
- Use a wide-tooth comb or fingers to gently detangle from ends to roots.
- Consider a pre-poo treatment for added moisture retention.

Shampoo Selection & Application

- **Sulfate-Free Shampoos:** Preserve moisture and reduce dryness.

- **Clarifying Shampoos:** Remove buildup (use once a month).
- **Co-Washing:** Alternative for dry hair types.
- **How to Shampoo:** Wet hair with lukewarm water, apply shampoo to the scalp, massage gently using fingertips allowing shampoo to run naturally down hair, and rinse thoroughly.

Conditioning Strategies

- **Moisturizing Conditioners:** Hydrate and soften hair.
- **Deep Conditioners:** Restore damaged strands (use monthly).
- **Protein Conditioners:** Strengthen fragile hair (use as needed).
- **Application:** Apply conditioner evenly to sectioned hair, detangle with fingers, leave for 5–30 minutes, and rinse with cool water.

3. Moisturizing & Sealing

Product Selection

- **Water-Based Leave-In Conditioners:** Provide hydration.
- **Natural Oils:** Jojoba, Argan, castor, and coconut oils effectively lock in moisture.
- **Creams & Butters:** Help seal in hydration and reduce frizz.

Application Methods

- **L.O.C Method (Liquid, Oil, Cream):** Hydrates and seals moisture.
- **L.C.O Method (Liquid, Cream, Oil):** Works well for varying porosity levels.
- **Process:** Section hair, apply a leave-in, seal with oil, and finish with a moisturizing cream or butter.

4. Styling and Maintenance

Choosing the Right Styling Products

- **For Natural Styles:** Use curl-enhancing creams or light gels.
- **For Protective Styles:** Avoid excessive product buildup; use light moisturizers.

- **Protective Styling Options:** Braids, twists, locs, wigs, weaves, and buns help retain moisture and minimize manipulation.

Edge Care & Minimizing Breakage

- Use lightweight edge controls to prevent buildup.
- Avoid overly tight styles that cause tension.
- Protect edges with satin or silk materials at night.

5.Tools & Accessories

- **Wide-Tooth Combs & Detangling Brushes:** Prevent breakage.
- **Satin Bonnets, Pillowcases, & Scarves:** Reduce moisture loss.
- **Microfiber Towels:** Minimize frizz and damage.
- **Regular Cleaning of Tools:** Prevents buildup and maintains hygiene.

6.Heat & Chemical Treatments

Safe Blow-Drying Practices

- Apply a heat protectant before styling.
- Use a diffuser on low heat to maintain curl definition.
- Finish with a cool shot to lock in moisture.

Alternatives to Heat Styling

- Air-drying, twist-outs, and braids minimize heat damage.

Understanding Chemical Treatments

- **Relaxers & Texturizers:** Permanently alter hair structure; should be applied with professional guidance.
- **Pros & Cons:** Consider long-term hair health before applying chemicals.

7.Hair Growth & Trimming

Promoting Healthy Hair Growth

- **Deep Conditioning & Moisture Retention:** Essential for preventing breakage.

- **Protective Styles:** Reduce daily manipulation and support growth.
- **Scalp Care & Massage:** Stimulates circulation and nourishes follicles.

Trimming Guidelines

- Trim every 6–8 weeks to prevent split ends.
- Use professional guidance or precise sectioning techniques.

8.Preparing Your Child for a Salon Experience

Choosing a Salon

- Select a stylist experienced in Afro-textured hair.
- Schedule appointments at convenient times for the child.
- Communicate styling preferences and hair needs.

At-Home Preparation

- Create a comfortable space with all necessary tools.
- Explain the process to the child to ease anxiety.
- Allow breaks if necessary to maintain a stress-free experience.

This streamlined guide provides foster parents with practical, easy-to-follow steps for managing Afro-textured hair. Including images and video links will further enhance understanding and application.

PART 3: SPECIALIZED HAIR CARE

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Hair comes in all types of textures, curl patterns and colors. Whether the child has a full head of hair or not, haircare is important for the child's health and well-being. Hair care requires a thoughtful approach that embraces the diversity of textures, growth patterns, and individual needs. This section offers guidance on infant haircare and on important concerns such as hair loss prevention and treatment options for both children and adolescents, ensuring that potential issues are identified and managed early on. Recognizing that each child is unique, we also explore hair care strategies for children with disabilities, including those with autism or behavioral needs.

Haircare Tips for Infants

- Infants require special, but simple, hair care. Whether a baby has lots of hair or very little, a baby's scalp is fragile, and the hair follicles are still developing, so the baby's hair and scalp need gentle care. Avoid harsh treatments and opt for routines that prioritize hydration and protection.
- A baby's hair and scalp can be cleaned with a washcloth and a natural, mild baby shampoo. It should then be rinsed with lukewarm water. Use a gentle, no tears formula baby shampoo. This will ensure it is free from harsh chemicals like parabens, sulfates, and artificial fragrances. If necessary, large plastic cups can be used for rinsing out products, there are also baby bath rinse cups that can be purchased.
- A baby's hair should typically NOT be washed more than once a week. Over washing can strip natural oils, leading to dryness. Typically, a baby's hair should be washed once a week, depending on the baby's skin type and activity level. If your baby has a lot of hair, you might increase washing frequency slightly, but it's always best to avoid over washing.
- A small amount of oil should then be applied to the hair, brushing it with a soft-bristle baby brush in the direction that it naturally grows. Use oils that are light and gentle, such as olive oil, coconut oil, or sweet almond oil, which provide

nourishment without weighing the hair down. Always choose oils that are free from synthetic additives.

- You want to avoid products that could potentially clog the pores and cause scalp issues, such as Petroleum Jelly.
- Consider entertainment for the child so that they can occupy themselves while getting their hair done. Ideas include small handheld toys, books, or a tablet (depending on age). At home, consider placing toddlers in a highchair for hair styling. This will be comfortable for the baby and the person styling the baby's hair.
- Leaving a baby's hair naturally is very acceptable in terms of styling. However, if you choose to put your child's hair into ponytails etc., keep the following in mind:
 - **Do not compromise the health of a baby's hair for a hairstyle.**
 - Avoid pulling the hair too tightly
 - Don't try to force styles that can't be accomplished because the baby's hair is too short or soft
 - Avoid use of rubber bands or hair ornaments that can easily come out of a baby's hair and find their way into his or her mouth. Use soft hair ties or clips designed for infants, ensuring they are free from sharp edges.
 - Avoid chemicals on baby's hair such as perms or relaxers.
 - Avoid using bonnets on infants as this can be a suffocation hazard if the infant pulls the bonnet over their face.
- A baby's hair should be covered with hats made with a soft crochet or cotton that is appropriate for the weather conditions. Babies' heads need to be protected from all types of weather, as they are particularly sensitive to the sun, heat, and cold. For sun protection, consider hats with a brim, and in cold weather, make sure the hat covers the scalp and ears. Always be mindful of overheating, as babies can get too warm quickly.
- Cradle cap is a common scalp problem that some babies have. It appears as crusty white or yellow patches on the scalp. It is not dangerous and usually goes away after the first year.
- To treat cradle cap, caregivers should use some olive oil or baby oil to loosen the flakes and then use a gentle baby shampoo on the child's hair. It is important not to scratch the surface or attempt to remove flakes by combing or brushing excessively, as this causes further irritation.

- In cases of severe cradle cap where the items suggested in #10 do not work, consult with the child's pediatrician who can prescribe a medicated baby shampoo to treat the cradle cap.

Gentle Products for Sensitive Scalps

Search for a mild shampoo that is paraben, sulfate, and phthalate free, preferably one that's *tear-free* to avoid irritation. The below products are known to be gentle, especially for curls. The key is to focus on natural, mild products and practices that prioritize the health and comfort for the infant's delicate skin and developing hair follicles. Hair product containers will specify if the product is made for infants. Below are some suggestions for children's hair products:

Shampoos and Conditioners:

- Curly Kids Super Detangle Shampoo
- Proudly Softening Shampoo
- Proudly Nourishing Conditioner
- Shea Moisture Kids Extra Nourishing Conditioner

Detanglers:

- Cantu Care for Kids' Conditioning Detangler
- Proudly Defining Detangler
- Shea Moisture Kids Extra Moisturizing Detangler
- Not Your Mother's Kids Curl Detangler Spray with Tear-Free Formula
- Kicky-Curly Knot Today Natural Leave in Detangler

Moisturizers:

- Cantu Care for Kids' Leave-in Conditioner
- Miss Jessie's Baby Buttermilk Cream
- Proudly Nourishing Hair and Body Oil
- Shea Moisture 100% Extra Virgin Coconut Oil
- No Solutions to Almond Oil

Hair Tools:

- The Wide Tooth Comb for Curly Hair
- The Wet Detangler Hairbrush
- The Unbrushed Wet and Dry Vented Detangling Hairbrush

Boy's Hair & the Barber Shop

Suggestions for Finding a Barber:

- Ask other parents for recommendations for barbers who enjoy cutting young boys' hair. Many barbers are just not patient enough to cut little boys' hair. Ask your friends, a pastor, a neighbor, a co-worker, "Who cuts your child's hair?" Also, consider looking online for community groups for barber recommendations, as social media and parenting forums have become a popular source for suggestions. If the child is in foster care, if appropriate, consider recommendations from the biological family as well.
- When you find a barber, watch him cut some boys' hair. Is he or she patient? Does he talk to the child? Is he or she in a hurry or trying to make sure that a good job is done? Is the haircut even, or does the barber leave uneven patches of hair? Does he explain his tools and what he uses them for?
- Make sure the shop is clean and is a place where you and the child are comfortable. Make sure that the barber cleans his/her tools.
- Listen to their conversations. If you don't want the child to listen to a lot of swearing and adult conversations, find another barber shop.
- Make sure the barber understands how you or the child wants his hair cut. A good barber will take the time to understand exactly how you want the child's haircut. A good barber will cut it a little longer than you want and then ask you if you would like the hair to be cut shorter.
- The child's first visit to the barber can vary based on the child's readiness and amount of hair. Most children get their first haircut around age 2.

Some Popular Boy's Hair Styles:




- The Fade (hair cut short on the top and close on the sides)
 - Care: Wash once a week and use light oil and brush
 - Maintaining this style will require frequent trimming (possibly every other week) based on the rate of hair growth.
 - Hair grease and a durag are usually used to achieve or maintain waves in their haircut. Durags are typically worn while sleeping and/or when at home.
- The "All Even" (hair is cut even all around the head)
 - Care: Wash once a week and use light oil and brush
 - Maintaining this style will require frequent trimming (possibly every other week) based on the rate of hair growth.
- The Afro (hair is grown out several inches)
 - Care: Buy the child a pick to comb his hair (Make sure he combs the hair from the root to the ends). If it isn't combed every day, it will become matted and very difficult to comb.
 - Be sure to use a wide-tooth comb and Afro Pick for daily care.
 - Consider braiding hair in cornrows at night so hair will stay neater, and it will be easier to comb (note: a boy's hair needs to be at least 5 inches in length to cornrow).
 - Wash the hair once a week.
 - Take the child to a barber for shape-up every three weeks.
 - Keep the hair moisturized with hair oil.
- Cornrows and Twists
 - On a regular basis, apply oil to the scalp around the cornrows or twists.
 - Cornrows and twists should be wrapped at night to maintain the neatness of the style while sleeping. Consider using a satin durag, hair scarf or bonnet (this does not apply to infants).
 - Avoid washing too often, as it can loosen the style. It's difficult to completely remove the conditioner from the braids.
 - A boy's hair needs to be at least 5 inches in length to cornrow.
 - Cornrows should be redone every 4-6 weeks. For twists, maintain the style by re-twisting, the hair as needed.



➤ Locs


- Shampoo hair every week and use residue-free shampoo to avoid product build up. Moisturize with oils, creams, and gels designed for locs.
- Separate the new hair growth and then hand roll or twist the locks to keep them smooth and neat at the scalp.
- It takes months for the hair to start locking, but once it locks, it will look neat and strong.
- New growth should be twisted every 4-6 weeks to maintain smoothness at the roots. Once locs are matured, they will require minimal maintenance beyond routine cleaning and re-twisting.
- Some professionals can comb out locs while salvaging a decent amount of hair, however it is a difficult and long process.

(Special note: You can also blow dry hair for boys as well, especially before styling with braids. Blow drying can be helpful to achieve a smoother style or dry hair quickly. However, consider using a heat protectant spray to avoid damage. Keep blow dryer on low heat setting to prevent excessive heat exposure.)

Boys' and Young Men Hair Care and Barber Shop Practices Photos

Curly Top with Outside Fade		
Low Fade Haircut		
Clean Cut Low Fade		

Textured Fade in Natural		
Wavy Fade		
360 Waves		
Natural Twist		
Two-strand Twists		
Cornrows		
Afro		

Locs (There are various forms of locs)	
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Hair Loss Prevention & Treatment for Children and Adolescents

Hair loss can affect all children and adolescents, and it is essential to address the unique challenges individuals with textured hair may face, especially when considering the delicate nature of young, developing hair and scalp. While hair loss is often more common in adults, various factors such as stress, trauma, and lifestyle can lead to hair thinning or shedding in younger individuals. By understanding the causes and adopting a gentle hair care routine, parents can help reduce hair loss, support healthy growth, and prevent long-term damage.



Understanding Hair Loss in Children & Adolescents

Hair loss in children and teens can be caused by several factors, and one of the most significant contributors to hair thinning in this age group is stress or trauma. Below are common causes of hair loss for children and adolescents:

- **Traction Alopecia:** This occurs when hairstyles that are too tight, like braids, ponytails, or cornrows, pull on the scalp and hair, damaging hair follicles and causing shedding or thinning.
- **Alopecia Areata:** An autoimmune disorder where the body attacks hair follicles, leading to small, round patches of hair loss.
- **Chemical Damage:** Chemical treatments, such as relaxers, perms, or hair dyes, can damage the hair shaft and make it more prone to breakage and hair loss.
- **Stress-Induced Hair Loss:** Emotional or physical stress, such as bullying, school pressure, family changes, or trauma, can trigger a condition called *telogen effluvium*, a form of temporary hair shedding. Stress causes hair follicles to prematurely enter the shedding phase.
- **Scalp Health Issues:** Conditions like dandruff, eczema, psoriasis, or fungal infections can cause irritation or inflammation on the scalp, leading to hair loss.
- **Nutritional Deficiencies:** A lack of key nutrients like iron, vitamin D, and biotin can hinder healthy hair growth, resulting in thinning.
- **Trichotillomania:** A compulsive hair-pulling disorder that leads to noticeable hair loss.

Understanding these causes and acting early can help address the underlying issues contributing to hair loss and prevent long-term damage.

Hair Loss Prevention Tips for Children & Adolescents

Nurture the Hair with Moisture. Curly and textured hair is prone to dryness, which can lead to breakage and thinning. Keep your child's hair well-moisturized by using hydrating leave-in conditioners, natural oils like coconut oil, argan oil, or shea butter, and creams formulated to lock in moisture. Regularly moisturizing the hair helps maintain elasticity and prevents hair from becoming brittle and prone to breakage.

Scalp Care is Key. Healthy hair starts with a healthy scalp. Use gentle, sulfate-free shampoos to avoid stripping essential oils. Textured hair should not be washed too frequently, as this can dry the hair and scalp out. The scalp can still be cared for while the hair is in a protective style for example. Additionally, scalp massages using oils like tea tree oil or peppermint oil can improve circulation, reduce scalp inflammation, and promote better follicle health. Encourage your child to gently massage the scalp for a few minutes daily.

Be Mindful of Tight Hairstyles, Hair Extensions and Lace Front Wigs. Avoid tight braids, ponytails, or buns that can create excessive tension on the scalp. Pay special attention to the edges of the hair, as they can thin and pull the hairline back. Styles like cornrows are often common but should be done loosely to prevent traction alopecia. It's important to give the hair a break after tight styles and rotate between protective styles. Afro puffs, twists, or loose braids can provide a protective alternative that doesn't stress the hair follicles. Additionally, be mindful of utilizing glue on the natural hair when applying hair extensions or wigs, this is popular among adolescents. Hair glue should carefully be removed with oils when taking down any hair extensions or lace front wig styles. If oil is not used to gently remove the glued hair, there can be significant hair loss. Sew-in extensions hairstyles are also popular among adolescents and adults. In this style, the natural hair is braided, and the tracks of the hair extensions are sewed into the braids. Be sure that the braids underneath the sew-in are not too tight and that the tracks are not sewed too tight, as this all can lead to hair loss as well. Be mindful not to cut natural hair in the takedown of styles with extensions, and if necessary, have a professional remove the hair extensions/hair weave.

Limit Heat Styling. Using flat irons, curling irons, or blow dryers can weaken delicate hair, causing it to break. For children, it's best to avoid too much heat styling altogether, but for teens who wish to style their hair, encourage the use of low heat settings and always apply a heat protectant spray to prevent heat damage.

Trim Regularly to Prevent Split Ends. Regular trims are important to keep hair looking healthy and prevent split ends, which can cause further breakage. Even if your child is growing their hair, cutting off damaged ends every 6–8 weeks is essential for maintaining strength and preventing thinning at the tips.

Nutrition for Healthy Hair. Make sure your child eats a nutrient-dense diet with plenty of fruits, vegetables, lean proteins, and whole grains. If hair thinning is linked to nutritional deficiencies, consult with a pediatrician to address potential gaps in the child's diet.

Treatment for Hair Loss in Children & Adolescents

If your child or teen is experiencing significant hair loss or thinning, it's crucial to address the problem early. Here are some safe and appropriate treatments:

- **Use Natural Oils and Herbal Remedies.** Essential oils, like rosemary, lavender, and peppermint oil, are known to stimulate hair growth. You can massage these oils into your child's scalp with a diluted carrier oil like coconut oil or jojoba oil, to improve circulation, nourish hair follicles, and reduce inflammation. Ensure you test the oils on a small patch of skin first to check for allergic reactions.
- **Psychological Support for Stress-Related Hair Loss.** For children or adolescents experiencing hair loss due to stress or trauma, addressing the root emotional cause is just as important as treating the physical symptoms. If stress-induced hair loss (telogen effluvium) is suspected, ensure your child receives emotional support through counseling or therapy. Helping your child manage stress and create healthy coping mechanisms will not only benefit their emotional health but can also lead to the regrowth of lost hair. Hair loss in children and adolescents is often preventable and treatable with proper care. By focusing on gentle hair care, keeping the scalp healthy, addressing stress, and ensuring good nutrition, caregivers can help minimize hair loss and support healthy hair growth. Early intervention, particularly for conditions like traction alopecia or stress-induced hair loss, is key to preventing long-term damage and encouraging recovery. **If hair loss becomes a concern, consult with a pediatric dermatologist or healthcare provider to explore safe and effective treatment options.**

When to Seek Medical Help

If a child experiences persistent or unexplained hair loss, it's important to consult a healthcare provider. Some signs that professional help may be needed include:

- **Significant or Sudden Hair Loss:** Large patches of hair loss or widespread thinning.
- **Scalp Inflammation:** Redness, swelling, or soreness that may indicate an infection or scalp condition.
- **Changes in Nail Health:** Brittle or discolored nails can signal nutritional deficiencies or other underlying issues.
- **Emotional or Behavioral Concerns:** If hair loss is linked to stress, anxiety, or trichotillomania, a therapist or psychologist will be needed to address underlying emotional triggers

Hair Care for Children and Adolescents with Disabilities

Hair care for children and adolescents with disabilities requires a thoughtful and individualized approach that takes into consideration both the specific needs of their hair and any physical, sensory, or cognitive challenges they may face. For children with curly, coiled, or textured hair, the challenges can include sensitivity to touch, limited mobility, or difficulty with self-care routines. Parents, caregivers, and specialists should work together to ensure that hair care is both effective and comfortable, promoting healthy hair growth while accommodating any special needs.

Challenges in Ethnic Hair Care for Children and Adolescents with Disabilities

Sensory Sensitivities: Many children with disabilities, such as those on the autism spectrum, have heightened sensitivity to touch. This can make traditional hair care routines, including washing, combing, and trimming, challenging, or even distressing for the child.

Limited Dexterity or Mobility: Children with physical disabilities or conditions such as cerebral palsy may have limited hand or arm movement, making it difficult to manage hair care on their own. This can require additional assistance from caregivers to ensure the hair is properly cared for.

Cognitive or Developmental Delay: Children with developmental disabilities or cognitive impairments may struggle with understanding hair care routines or may be unable to communicate discomfort or pain during the process. They may also find it difficult to sit still or cooperate with a prolonged hair care routine.

Emotional and Psychological Considerations: Children with disabilities may face challenges with self-esteem or social acceptance. Hair care routines that help children feel

more confident and supported in their appearance are crucial, especially during adolescence, when self-image is particularly important.

Routine and Consistency: Children with disabilities often thrive on routine and consistency. Establishing a calm and predictable hair care routine can help alleviate anxiety or stress about the process.

Set a Regular Schedule: Try to wash and comb the hair on the same days each week, at the same time of day, so the child knows what to expect. The routine should be brief but consistent, focusing on comfort and minimizing agitation.

Visual or Social Cues: For children who are non-verbal or have cognitive delays, using visual aids or social stories can help them understand the hair care process. For example, pictures or a step-by-step visual chart can show each stage of the routine.

Involve the Child When Possible: For children with limited mobility or cognitive impairments, you may still be able to involve them in the process. Encourage them to hold the brush or detangling spray or let them choose their hair care products. This fosters independence and comfort.

Pre-Sectioning Hair: If a child has difficulty holding their head still, it can be helpful to section the hair into manageable parts before beginning the washing or combing process. This can reduce discomfort and make it easier to work through the hair gradually.

Self-Care Aids: There are adaptive combs and brushes designed for those with limited hand function.

Maximizing Comfortably when Possible:

Mobile or In-Home Barber Services: If your child has difficulty visiting a salon, consider hiring a mobile barber or stylist who can come to your home. This reduces the stress of leaving the house and provides a more comfortable environment for the child.

Shorter Styles for Easier Maintenance: Shorter hairstyles may be easier to maintain and can reduce the frequency of trimming. A simple short fade or buzz cut can be low maintenance, reducing the need for daily combing or extensive styling. However, always consider the child's wishes for hair styles, for example a child may not agree with a buzz cut. It is important not to

cut a child's hair simply because it is easier to maintain. Textured hair takes time and patience to wash and style. Additionally, always consider the child's cultural beliefs and values as it relates to their hair. If appropriate, discuss thoughts of cutting child's hair with the biological parents or kin prior to making the decision to do so. Hair holds great value in many cultures and hair cutting can be very harmful according to some cultures and religious beliefs.

Gentle Scissors or Clippers: If the child has sensitivity to clippers or scissors, opt for gentle, quiet clippers that make less noise and vibration. Look for child-friendly clippers that come with guards to avoid cutting them too short.

Emotional Support and Confidence: Children with disabilities may feel self-conscious about their hair, particularly if they have difficulty maintaining it themselves. It's important to create a supportive and positive environment where the child feels confident about their appearance.

Incorporate the Child's Preferences: Whenever possible, involve the child in the decision-making process when it comes to their hair. Ask them what style or products they like, or if there is anything that makes them feel more comfortable.

PART 4: COMPREHENSIVE SKIN CARE

Part 4: Comprehensive Skin Care

Introduction to Ethnic and Biracial Skin

Ethnic and biracial skin can have unique characteristics and needs due to environmental factors, the amount of melanin in the skin as well as skin structure. Ethnic and biracial skin (i.e. Hispanic and African American skin tones) usually has higher natural hydration levels, however, may also experience higher trans epidermal water loss. There are usually more lipids in African American skin. Lipids provide a protective layer to the skin. However, there are lower levels of ceramide, which is important for barrier repair. Darker skin tones, despite nationality, often have closely packed collagen bundles and more compact stratum corneum. This allows increased resilience against environmental factors. Melanin levels in ethnic and biracial skin also tend to be higher. As a result, ethnic and biracial skin is more prone to uneven skin tone and hyperpigmentation. The higher levels of melanin, however, provides natural protection from UV rays.

Common Skin Concerns (e.g., Hyperpigmentation, Eczema)

Knowing and understanding the characteristics of ethnic and biracial skin helps to create skincare routines and address identified areas that may be of concern to an individual. [Refer to Medical Professional]

Common skin concerns of ethnic and biracial skin:

Hyperpigmentation – A skin condition that causes dark spots or patches.

Eczema – Also known as atopic dermatitis, eczema is a skin condition that causes itchy, dry patches of skin which can also be bumpy.

Melasma – A skin condition due to sun exposure, genetics and hormonal changes that causes brown patches on the face.

Dryness – Due to trans epidermal water loss so ethnic and biracial skin may have dryness and/or a dull appearance.

Dullness and Uneven Skin Tone – Pollution and UV exposure are two environmental factors that contribute to dullness and uneven tones on ethnic and biracial skin.

Oiliness and Enlarged Pores – Oily skin and enlarged pores are caused by the production of more sebum, which increases acne and blackheads.

Keloids and Hypertrophic Scars – Thick, raised scars that may develop after a surgery or skin injury.

Acne and Acne Scarring – Ethnic and biracial skin may be more prone to hypertrophic scars and keloids after an acne breakout.

Recommended Daily Skin Care Routine

Customizing Routines for Different Skin Types (Oily, Dry, Combination, Sensitive)

It is recommended to have a skin care routine that is twice a day... morning and night. It is also important for all skin types to use sunscreen.

Oily skin – Use a cleanser that is gentle and foams. This helps with removing excess oil and impurities. An alcohol-free toner that contains ingredients such as niacinamide or witch hazel helps to tighten pores and balance oil production. Vitamin C helps to brighten the skin and fade hyperpigmentation. Retinol helps regulate oil production, prevent breakouts, and improve skin texture. With oily skin, a moisturizer that is oil-free and non-comedogenic is good to use. In addition, gel-based moisturizers with hyaluronic acid can hydrate the skin without clogging pores. For oily skin, using a sunscreen that does not leave a white residue and that is mattifying and oil-free is useful. Throughout the day, blotting papers are helpful to manage the shine of oily skin.

Dry skin – Use a cleanser that is gentle and hydrating. Products with ingredients that contain glycerin or ceramides are helpful for dry skin. A hydrating toner that is alcohol-free and contains ingredients such as hyaluronic acid or rose water helps to retain moisture. Serums that contain hyaluronic acid, vitamin B5 or glycerin help to hydrate the skin as well as moisturizers that contain emollients. Including facial oils such as jojoba oil and argan oil is also helpful. For sunscreen, a broad spectrum, hydrating sunscreen provides protection without causing dryness.

Combination skin – Use a cleanser that is gentle, foaming and removes excess oil and impurities. Cleansers that include ingredients such as glycolic acid or salicylic acid help control oil. An alcohol-free toner with ingredients like niacinamide or witch hazel helps to balance oil production. Serums that are hydrating and contain vitamin B5 or hyaluronic acid are helpful. Moisturizers that are non-comedogenic and oil-free will help in the areas that are oilier in combination skin and gel-based moisturizers are good for the entire face. Lightweight sunscreen that is oil-free is useful for combination skin. Blotting papers help reduce shine throughout the day.

Sensitive skin – Certain skincare ingredients or formulations can cause irritation, redness, or allergic reactions in ethnic and biracial skin. It's essential to choose products that are suitable for sensitive skin. Use sensitive skin cleansers that are sulfate-free and hydrating. Toners that are for sensitive skin and that are alcohol-free, and hydrating is useful. Gentle, hydrating, serums with ingredients such as hyaluronic acid, vitamin B5, or peptides can be used to help hydrate skin without causing irritation. Moisturizers that are hypoallergenic and fragrance-free are good for sensitive skin. Sunscreen that are developed sensitive skin is important to use. Those that contain mineral-based ingredients zinc oxide or titanium dioxide are less likely to cause irritation. Before trying new products, it is important to do a patch test to ensure the product won't cause irritation.

Step-by-Step Daily Practices by Age Range

Babies Less than One Year:

- Gently wipe the baby's body with a soft cloth once a day with a mild cleanser. Wipe your face with water. Bathe every 2-3 days.
- Moisturize the entire body with an appropriate moisturizer based on the child's skin, giving special attention to such areas as elbows, knees, and hands. For babies under 6 months, moisturizing is typically not recommended, as the pores are still developing. If the skin appears dry, or has dry patches, light applications of a fragrance-free moisturizer can be applied.
- Apply sunscreen with an SPF of 30 or higher (infants under 6 months should not be exposed to heavy amounts of sun without protective clothing on the extremities and the head).

Children One Year and Older:

- Cleanse the face and body at least once a day with a non-irritating cleanser. Use showers or a bath every 2-3 days, unless more is warranted. Wash gently with the fingertips or soft cloth, avoiding abrasive agents such as puffs and pads.
- Particularly on pre-teen and teenagers, or children who have a high level of physical activity, if daily bathing is problematic due to excessive dry skin, apply focused washing only in key areas daily (hands, face, under arms, area of groin).
- Moisturize the entire body with an appropriate moisturizer based on the child's skin, giving special attention to such areas as elbows, knees and hands.
- Apply sunscreen with an SPF of 15 to 100.

Moisturizing the Skin

Selecting Appropriate Moisturizers: To prevent dryness and maintain a strong skin barrier, it is important to hydrate skin with lotions, oils and/or creams.

About Moisturizers: Moisturizing lotions are "water-in-oil" combinations, versus creams, which are "oil-in-water" combinations. Creams are heavier and greasier, but they are often more effective for ashy and very dry skin. Products that contain "humectants", or substances that attract water to the skin, are excellent. When reading the labels of moisturizers, look for products that include glycerin, urea, hyaluronic acid, or dimethicone. Look for unscented and alcohol-free moisturizers, as alcohol and perfume are drying and can be irritating. Also look for products that are dermatologist tested, cruelty free, paraben free and have no artificial dyes. Avoid products containing Vitamin A or retinol, which can further dry the skin. Eating a balanced diet and drinking water are also beneficial for healthy, glowing skin.

Products to Consider: Cetaphil, Jergens Ultra Healing, Eucerin Original Moisturizing Cream, Ambi, Sunny Isle, Shea Moisture, Palmer's Cocoa Butter, Cantu, Burts Bees, Lubriderm, Aveeno, Eucerin, Curel, Carmol 20, LAC-HYDRIN, Vani cream, and AmLactin. Products containing cocoa butter, shea butter, soy oil and/or beeswax are useful.

Techniques for Effective Moisturization

- Apply moisturizer to damp skin within three minutes of showering or bathing to lock in moisture.
- Moisturize the entire body with an appropriate moisturizer based on the child's skin, giving special attention to such areas as elbows, knees, heels and hands.

Sun Protection

Importance of Sunscreens and Sunblock for Darker Skin Tones: Sun Protection – Using sunscreen is important for all skin tones. Sunscreen helps to protect skin from UV damage. Some sunscreens will leave a white residue on darker skin tones, so it is important to find one that works with darker skin.

Sunscreens and Sunblock

- ❑ Sunscreens work by absorbing the harmful Ultraviolet A (UVA) and Ultraviolet B (UVB) rays before they can affect the skin.
- ❑ Sunblock creates a protective barrier that reflects UV rays, causing them to bounce off the skin.
- ❑ Sunscreens with an SPF of 30 or higher are recommended for children. Babies 6 months and older can wear sunscreen with an SPF of at least 15. Choose products that are PABA-free (para-aminobenzoic-acid) because this can trigger allergic reactions. Hypoallergenic and fragrance free are good as well for sensitive skin. The sunscreen should also be waterproof.

Recommended Products and Application Tips

Like other products, sunscreens are formulated for different skin types:

- *Oily skin:* choose a light sunscreen gel or spray.
- *Normal/combination skin:* apply sunscreen gel or a sunscreen-containing moisturizer.
- *Dry Skin:* you can use just about any lotion or cream sunscreen as they stay on longer than gels.
- *Sensitive skin:* Look for PABA-free, chemical-free sunscreen.

Application Steps: Always apply sunscreen twenty to thirty minutes before a child is exposed to the sun to allow their skin to absorb the product and create a protective shield. Use sunscreen generously on all exposed skin. Store sunscreen products away from the sun and heat to prevent spoiling. Reapply sunscreen after vigorous exercise or swimming, even if the product is labeled "waterproof".

Addressing Specific Skin Conditions

Eczema and Sensitive Skin Care

Use gentle or sensitive skin moisturizers, topical or oral medications prescribed by a doctor, avoiding what triggers a person to have a flare up and using light therapy are ways to manage eczema. Common condition of the skin is characterized by scaly, red, itchy and sometimes oozing skin lesions. On skin color, eczema may appear ashen, brown or gray, and is more likely to be accompanied by dark brown skin discolorations once the eczema redness fades. It is a condition that runs in families, so if a relative has eczema or the related conditions, hay fever or asthma, a child is more likely going to have it as well. Many infants and children with eczema will outgrow the problem, however, many will not. Eczema is treatable but not curable. Where Does it Appear? Most often, it appears on the neck, inside the elbows, and inside the knees, wrists, and ankles.

Roots of the Rash: Eczema occurs when the body's immune system overreacts to certain stimuli including foods, animal dander or wool clothing. The body's defense mechanism responds by releasing chemicals that cause inflammation, redness and itching on the skin.

Environmental "Triggers" that tend to Exacerbate Eczema:

- Excess heat
- Sweating
- Irritating soaps or detergents
- Dust mites
- Animal dander
- Scratchy clothing such as wool
- Foods such as dairy products or nuts
- Stress
- Dry, cool weather

Daily Eczema Skin Care:

Cleansing:

- Wash only once a day to avoid excessive drying of the skin.
- Cleanse with mild, nonirritating cleaners.
- Cleanse with lukewarm water.
- Do not use rough cloths or loofas, which may irritate the skin.
- Limit baths or showers to five minutes.
- Gently pat skin dry, do not wipe or rub it dry.

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- Stay away from fragrance soaps, lotions, etc.

Moisturizing: Apply rich cream or lotion every day immediately (within three minutes is best) after cleansing to seal in moisture. Reapply moisturizer to affected areas as needed (usually several times a day). In winter, an especially protective formula may be needed such as Cetaphil Moisturizing Cream, Aquaphor, Eucerin, etc.

Treating Eczema: When eczema flares, treating it promptly is the key to eliminating the itch. There are over the counter and prescription medications.

Over-the-Counter Products: Corticosteroid creams or ointments (e.g. Cortaid or Cortisone 10) If a nonprescription steroid cream or ointment does not relieve symptoms in a two-to three-week period, it is time to see a physician regarding stronger medications available through prescription.

Quick Itch Reducer: When a mild flare-up of eczema occurs, you can reduce inflammation and itching by applying a cool compress (a washcloth saturated with cold or ice water) to the skin. Then apply a dab of an emollient or moisturizer. This is a quick and effective solution if a child develops itchy eczema when you're on the go and don't have medicine on hand.

Treating Scars and Hyperpigmentation

Use products with ingredients such as vitamin C or niacinamide, hydroquinone cream or tretinoin lotion which helps to even and brighten skin tone.

Scars: Topical treatments such as products containing vitamin C, retinoids, glycolic acid, or salicylic acid are helpful to heal skin and reduce the appearance of scars. Silicone sheets applied to the scarred area are also helpful as they help flatten and fade scars over time.

Hyperpigmentation: Topical treatments that contain hydroquinone, arbutin, niacinamide, vitamin C, or azelaic acid help lighten dark spots. Retinoids help to reduce the appearance of dark spots. The use of sunscreen helps to prevent further darkening.

Teen and Adolescent Skin Care

Managing Acne and Hormonal Changes

Taking care of skin during the teen and adolescent years is crucial. During these years, hormonal changes cause increased oil levels in skin, which can lead to skin issues such as

acne. It may also lead to scarring, which influences confidence, especially during the teen and adolescent years.

Establishing Proper Hygiene Practices

Early skin care habits can help prevent long-term skin issues. Ethnic and biracial skin is more prone to skin conditions, so early intervention is helpful. This includes a skin care routine that includes cleansing, moisturizing, and using sunscreen.

A basic skin care routine twice a day includes:

- The use of a gentle cleanser that is sulfate-free
- An alcohol-free hydrating toner
- A non-comedogenic moisturizer – It is important to use a moisturizer that help with the skin type (i.e. oily skin, dry skin, combination skin, sensitive skin)
- Sunscreen – use one that fits the skin type
- If the daily routine is not helpful, speaking with a doctor for targeted treatments is recommended

General Body-Care Tips

Advancements in Body Scrubs, Moisturizers, and Exfoliants

There have been many advancements in skincare products for ethnic and biracial skin. These advancements include moisturizers, exfoliants and body scrubs. Many of today's moisturizers and creams are paraben free, cruelty free, dye free, and free of chemicals. There are many gel-base moisturizers that won't clog pores, while providing the hydration the skin needs. The advancements of exfoliants include products that cater to the needs of ethnic and biracial skin. These advancements include products that help address pigmentation concerns. The advancements of body scrubs include scrubs that are gentler and don't feel gritty while exfoliating the skin. Today there are more scrubs that target rough patches of skin as well as help to prevent ingrown hairs. Preventing ingrown hair is important for all and helps teens and adolescents who have begun to shave.

General Body-Care Tips:

- Take a short, warm (not hot) shower or bath only once a day, for not more than five minutes.
- Use mild soaps that do not contain fragrance or other irritants (Avoid bubble baths and high foaming cleansers).

- Apply moisturizer to damp skin within three minutes of showering or bathing to lock in moisture.
- During the winter, children dress in layers and choose soft fabrics like cotton and avoid rough fabrics directly on the skin (i.e. wool).
- Use a humidifier to counter dry indoor heat.

Lip Care

Lip care is also an important part of skincare. While lip care addresses dryness, sensitivity and pigmentation, moisturizers that are appropriate for the body or face may not be appropriate for lips. A good lip care routine includes keeping yourself hydrated by drinking water. Dehydration leads to dry, chapped lips. Lips should be moisturized with moisturizers safe for lips that contain beeswax, shea butter, and coconut oil. A nourishing lip balm is also helpful and can easily applied as necessary. Some believe licking your lips helps to moisturize your lips, however it makes them dry. As a part of the lip care routine, using exfoliants that are gentle and safe for lips once or twice a week helps to remove dead skin cells. Using lip balm with UV protection protects lips and helps prevent dark spots and dryness.

PART 5: FISCAL PARAMETERS

Part 5: Fiscal Parameters

Average Hair Salon Prices for Children in Connecticut (under 12)

All prices can vary depending on the length, curl pattern, texture, cleanliness & density of hair. Additional fee for tangled or matted hair may be applied.

Common Hair Services for Children	Average Price
Wash, Blow-Dry & Style (Natural Hair)	\$40 – \$60
Two-Strand Twists / Finger Coils	\$40 – \$70
Cornrows (No Extensions)	\$45 – \$75
Cornrows with Designs	\$60 – \$90
Box Braids (No Extensions)	\$65 – \$100
Box Braids (With Extensions and cost varies depending on box braid size/length)	\$90 – \$200
Boho Box Braids	\$110 – \$160
Feed-In Braids (2–6)	\$55 – \$85
Feed-In Braids (7–10)	\$80 – \$120
Knotless Braids (Kids)	\$100 – \$170
Lemonade Braids / Side Braids	\$80 – \$120
Beaded Braids (Add-On)	\$10 – \$20
Crochet Braids (Kids)	\$80 – \$130
Silk Press	\$60 – \$95
Natural Hair/Curl Maintenance Services	
Wash, Blow-Dry & Style	\$35 – \$55
Curl Definition / Curl Styling	\$40 – \$70
Twist-Out (Two-Strand or Finger Twists)	\$40 – \$65
Bantu Knots	\$45 – \$75
Wash & Go	\$40 – \$65
Perm Rod Set / Flexi Rod Set	\$50 – \$80
Haircut & Curl Trim	\$25 – \$45
Curl Refresh & Re-Style	\$25 – \$50

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Loc Services for Children	
Starter Locs (Comb Coils / Twists)	\$75 – \$120
Loc Retwist (Basic)	\$60 – \$90
Loc Retwist with Style	\$75 – \$110
Loc Detox (Add-On)	\$20 – \$40
Interlocking (Maintenance)	\$80 – \$130
Loc Style Only	\$30 – \$60
Additional Add-Ons	
Deep Conditioning Treatment	\$15 – \$25
Detangling Service	\$20 – \$50
Average Hair Salon Prices for Adults/Teens in Connecticut	
Common Hair Services for Adults/Teens	
Wash, Blow-Dry & Style	\$60 – \$80
Curl Definition / Curl Styling	\$55 – \$85
Twist-Out (Two-Strand or Finger Twists)	\$50 – \$85
Bantu Knots	\$55 – \$90
Wash & Go	\$50 – \$75
Perm Rod Set / Flexi Rod Set	\$60 – \$100
Standard Relaxer Service	\$80 – \$150
Haircut, Curl & Trim	\$60 – \$85
Curl Refresh & Re-Style	\$30 – \$60
Silk Press	\$65 – \$130
Common Braiding Services for Adults/Teens	
Two-Strand Twists / Finger Coils	\$50 – \$85
Cornrows (No Extensions)	\$55 – \$95
Cornrows with Designs	\$75 – \$125
Box Braids (No Extensions)	\$80 – \$150
Box Braids (With Extensions)	\$100 – \$250
Boho Box Braids (cost will vary based on whether using human hair or not and length)	\$120 – \$300

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Feed-In Braids (2–6 Braids)	\$60 – \$90
Feed-In Braids (7–10 Braids)	\$90 – \$150
Knotless Braids (cost varies depending on length)	\$100 – \$250
Lemonade Braids / Side Braids	\$90 – \$150
Beaded Braids (Add-On)	\$10 – \$30
Crochet Braids	\$90 – \$150
Fulani Braids (cost varies depending on length)	\$150 – \$300
Goddess Braids	\$90 – \$150
Loc Services for Adults/Teens	
Starter Locs (Comb Coils / Twists)	\$100 – \$150
Loc Retwist (Basic)	\$70 – \$120
Loc Retwist with Style	\$90 – \$140
Loc Detox (Add-On)	\$25 – \$50
Interlocking (Maintenance)	\$100 – \$170
Loc Style Only	\$40 – \$70
Common Weave/Extension Services for Adults/Teens	
Sew-In Weave (Basic)	\$120 – \$200
Sew-In Weave (With Leave-Out)	\$150 – \$250
Sew-In Weave (With Closure)	\$200 – \$350
Sew-In Weave (With Frontal)	\$250 – \$400
Lace Front Wig Install (Glue Method)	\$120 – \$250
Lace Front Wig Install (Sew-In Method)	\$150 – \$300
U-Part Wig Install	\$150 – \$250
Quick Weave (Glue-In)	\$75 – \$150
Micro link Weave	\$250 – \$400
Tape-In Weave	\$150 – \$250
Clip-In Weave (Temporary)	\$40 – \$100
Weave Maintenance (Retouch / Reinstall)	\$100 – \$200
Weave Removal	\$50 – \$80
Weave Styling (Curls, Flat Iron, etc.)	\$20 – \$35
Faux Lox	\$250 – \$300

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Weave Ponytail Services	
Sew-In Ponytail	\$150 – \$250
Ponytail with Extensions (Clip-In)	\$50 – \$120
Braided ponytail with weave	\$70 – \$150
High Ponytail (Sew-In or Clip-In)	\$120 – \$200
Low Ponytail (Sew-In or Clip-In)	\$100 – \$180
Ponytail with Curls (Sew-In/Clip-In)	\$130 – \$200
Straight Ponytail (Sew-In/Clip-In)	\$120 – \$180
Box Braid Ponytail	\$100 – \$170
Crochet Ponytail	\$80 – \$150
Wavy Ponytail (Sew-In/Clip-In)	\$130 – \$200
Other Add-on Services	
Custom Coloring of Weave	\$50 – \$150
Cutting/Blending Weave	\$20 – \$50
Heat Protection Treatment	\$15 – \$30
Deep Conditioning Treatment	\$20 – \$40
Scalp Treatment	\$20 – \$35
Detangling Service	\$25 – \$55
Protein Treatment	\$20 – \$30
Scalp Treatment	\$15 – \$25
Hot Oil Treatment	\$20 – \$35
Pre-Shampoo Treatment	\$15 – \$25

Average Barbershop Prices for Children in Connecticut (under 12)	
Common Hair Services	Average Price
Children's Haircut	\$15 – \$30
Children's Fade	\$20 – \$35
Afro or Curly Cut	\$20 – \$40
Line-Up (Edge-Up) for Kids	\$5 – \$15
Children's Cornrows (Simple)	\$30 – \$50

Children's top Box Braids / Shape-up	\$40 – \$75
Children's Braid-Into-Ponytail / Shape-up	\$30 – \$50
Facial Hair Services	
Beard or Mustache Trim (Teens)	\$10 – \$20
Teen Shave (Razor)	\$15 – \$25
Average Barbershop Prices for Adults in Connecticut	
Common Hair Services	
Adult Haircut (Clippers/Fade)	\$25 – \$40
Afro Haircut	\$25 – \$45
Taper Cut	\$25 – \$35
Line-Up (Edge-Up)	\$10 – \$20
Buzz Cut	\$15 – \$30
Curly/Textured Haircut	\$30 – \$50
Fade with Design	\$35 – \$55
Bald Fade / Skin Fade	\$25 – \$45
Undercut	\$30 – \$50
Facial Hair Services	
Beard Trim	\$10 – \$20
Beard Shape-Up	\$15 – \$30
Mustache Trim	\$5 – \$15
Razor Shave	\$20 – \$40
Hot Towel Shave	\$25 – \$45

Frequency

Hair salon schedule can depend on the texture and style of choice but would say at the very least every 6-10 weeks can be a general standard (with home care as needed in between).

- Relaxed/chemically treated hair is typically done every 6-12 weeks.
- Natural Hair/curls are typically done every 6-10 weeks.

DCF Skin and Hair care manual

- Braids/protective styles are typically done every 4-12 weeks (maybe less if it is a simple style).
- High maintenance styles like Silk Press may be required every 2-4 weeks.

Wrap Around Funds Proposal [WAF]

General Guidance for DCF Social Workers:

1. Create a WAF using a Hair Care Provider established in our system (you can search for a specific Hair Care Provider using their assigned Provider ID number)
2. Fill out the Non-Credential box with "Ethnic Hair Care Service"
3. Fill out the Service Description box with what service is being completed: ex: Braids, Hair cut etc.
4. Include the cost in the Payment Description and in the Total Cost box
5. If done correctly and there are no concerns, DCF Grants & Contracts Division will approve the WAF
6. The child has the service completed
7. The Hair Care Provider submits the invoice to the appropriate DCF mailbox for payment

Points of Contact: CWA liaisons for Areas Office/Grants Contracts Specialists

Note: When sending an invoice, type the area office into the subject line of the email

Region	Contact	Office	Office Address	Invoice Mailbox
Region 1	Cynthia Maignan	Bridgeport	100 Fairfield Avenue, Bridgeport, CT 06604	DCFREGION1.WAFINVOICE@ct.gov
Contact Number	203-676-4416	Norwalk	761 Main Avenue, Norwalk, CT 06851	DCFREGION1.WAFINVOICE@ct.gov
Region 2	Gail Franklin	Milford	38 Wellington Road, Milford, CT 06461	DCFREGION2.WAFINVOICE@ct.gov
Contact Number	203-676-4391	New Haven	1 Long Wharf Drive, New Haven, CT 06511	DCFREGION2.WAFINVOICE@ct.gov

DCF Skin and Hair care manual

Region 3	Beata	Middletown	2081 South Main Street, Suite A, Middletown, CT 06457	MIDDLETOWN.INVOICEMAILBOX@ct.gov
Contact Number	475-319-5588	Norwich	2 Courthouse Square, Norwich, CT 06360	NORWICH.INVOICEMAILBOX@ct.gov
		Willimantic	322 Main Street, Willimantic, CT 06226	WILLIMANTIC.INVOICEMAILBOX@ct.gov
Region 4	Pam Burney	Hartford	250 Hamilton Street, Hartford, CT 06106	hartfordinvoicemailbox@ct.gov
Contact Number	860-655-8311	Manchester	364 West Middle Turnpike, Manchester, CT 06040	manchesterinvoicemailbox@ct.gov
Region 5	Alisa Pulaski	Torrington	62 Commercial Blvd, Torrington, CT 06090	DCFTORRINGTONWAF@ct.gov
Contact Number	860-937-3532	Danbury	131 West Street, Danbury, CT 06810	DCFREGION5.WAFINVOICE@ct.gov
		Waterbury	395 West Main Street, Waterbury, CT 06702	DCFwaterburyoffice@ct.gov
Region 6	Nathalie Inho	Meriden	639 Research Parkway, Meriden, CT 06451	Dcfregion6.wafinvoice@ct.gov
Contact Number	860-996-2130	New Britain	1 Grove Street, 4 th Floor, New Britain, CT 06053	Dcfregion6.wafinvoice@ct.gov
*Erin Mahony, Supervisor of Grants & Contracts Contact: 860-888-5856				

Contact the Office of Multicultural Affairs if in need of a Hairstylist or Barber for a child. The hairstylists and barbers available are approved providers in our system who have completed the process with DCF. These vendors are provided as suggestions. DCF cannot be held liable for the quality or outcome of the service.

Please email request to Monica Rams at Monica.Rams@ct.gov and include the location of the child's placement in the email, thank you.

Part 6: Resources and Appendices

RESOURCES

State of CT, Department of Children and Families: February 1, 2025, Ethnic Hair and Skin Care Policy

<https://portal.ct.gov/-/media/dcf/policy/chapters/21-18.pdf?la=en&hash=691E56A70468895AFE86C14EA90246F2>

State of PA, Department of Child Welfare Training Program: Hair and Skin Care for African American and Biracial Children; a Training Workbook

<https://affcnny.org/wp-content/uploads/africanhairskincareWkBook.pdf>

BOOKS

My Hair is Beautiful: by Shauntay Grant- this book offers accessible text and vibrant photos of toddlers sporting afros, cornrows and everything in between, My Hair is Beautiful brings a powerful message of self-love.

I Love My Beautiful Hair: by Elissa Wentt- little EJ wants to find a special hair style for her first-ever trip to the hair salon, but with so many options how can she choose? Should she try afro puffs, with ribbons and bows? Or twisty spirals that tickle her nose? Luckily, Mommy is there to offer reassurance: "Your hair is curly, like clouds in the sky. It's beautiful no matter which style you try!" With bright illustrations and rhyming text, ***I Love My Beautiful Hair*** celebrates family tradition and Black hair.

Bedtime Bonnet: by Nancy Redd- "In my family, every night when the sun goes down, our hair goes up!" But one night the little narrator of the story cannot find her bonnet... ***Bedtime Bonnet*** is a cheerful and heartwarming celebration of a Black family's nighttime hair rituals

How a Princess survives hair day: by Danielle Gordon- Most little girls with curly hair dread hair 'hair day' as it means sitting still for hours waiting for their hair to be finished. But, since it must be done, why not make it more fun? ***How A Princess Survives Hair Day*** is filled with fun rhymes, ideas, and suggestions to do just that. Hair day may take all day, but that is okay!

Hair Love: by Matthew A. Cherry- Zuri's hair is beautiful but it has a mind of its own. It kinks, coils, and curls every which way. When Daddy steps in to style it for an extra special occasion, he has a lot to learn. But he loves his Zuri, and he'll do anything to make her happy. **Hair Love** is a tender and empowering ode to loving your natural hair — and a sweet celebration of daddies and daughters everywhere.

Crown: An Ode to the Fresh Cut: by Derrick Barnes- The barbershop is where the magic happens. Boys go in as lumps of clay and, with princely robes draped around their shoulders, a dab of cool shaving cream on their foreheads, and a slow, steady cut, they become royalty. That crisp yet subtle line makes boys sharper, more visible, more aware of every great thing that could happen to them. A fresh cut makes boys fly. With rhythmic text and dynamic illustrations, award-winning **Crown** is a real confidence-boosting book for young Black boys

ONLINE RESOURCES

Bookshop

[Bookshop.org: Store Locator](https://bookshop.org/store-locator)

This website offers the ability to shop for books online; when you select a local bookstore from the map and visit their Bookshop.org page, the site will then identify you as a that stores customer, and the store will get the full profit from all your Booksop.org purchases (30% of the list price). If you don't choose a store, your purchase will contribute to a profit pool that is divided amongst all the participating bookstores.

Connecticut's Black-Owned Business Guide

[ShopBlackCT - Black-Owned Business Guide - Connecticut](https://shopblackct.com)

The mission of [SHOPBLACKCT.com](https://shopblackct.com) is to challenge structural racism and transform the legacy of economic and social inequity in the U.S. by providing a platform to drive business to and awareness of local Black-owned businesses. The success of

ShopBlackCT.com is thanks to many people working together making a difference by spreading the word about our site and offering resources to elevate and amplify Black-owned businesses in Connecticut. A team of volunteers give their time, energy and talent to keep this site running and relevant. Team members do not profit anything from the site nor is the site used for any financial or personal gain. This effort is 100% about giving, lifting others and expecting nothing in return. Listings on [ShopBlackCT.com](https://shopblackct.com) are free and additional support is provided through pro bono digital marketing, writing and photography services. Businesses never have to pay for any services to receive support from [ShopBlackCT.com](https://shopblackct.com). Shop for various products and services by type or by town.

Flora & Curl

<https://floracurl.com/blogs/curl-blog/the-history-of-5-black-hairstyles>

A female minority owned business founded by Rosa Ovenseni, who describes her journey with hiding her natural hair, and of using products that melted away her natural curves and kinks that defined her hair which caused sore scabs on her scalp, and other damage. Not knowing where to begin with building a natural hair routine and feeling overwhelmed by the multitude of hair product options, with complicated labels, thus began her long journey to find the right hair products. Her product line offers all natural ingredients, using aromatherapeutic and colorful botanical ingredients to hydrate natural hair. This site offers natural hair care products and starter kits based on hair type, including detailed instructions on how to apply/use each product.

Styles 4 Kidz

<https://styles4kidz.org/resources>

A female minority owned business founded by Tamekia Swint, in 2010 with a simple yet powerful vision: to ensure every child feels confident and valued through proper hair care. Her journey began after a transformative experience teaching a hair

braiding class during a mission trip to Poland. Tamekia returned home with a call to make a difference and shortly after, she was introduced to a transracial adoptive mom seeking help with her daughters' textured hair. Recognizing the widespread need among multiracial, transracial adoptive, and foster families, Tamekia grew her business from serving three families in Illinois to helping thousands across the United States and in 2013, expanded the mission to include in-home education and training for foster children in residential care and children with special needs. Through dedication, Tamekia is building bridges for communities where every child, regardless of their background, can feel seen, valued, and loved. This site offers virtual training lessons for a nominal fee including hair care products and kits based on hair type with downloadable resource cards.

Padlet

<https://padlet.com/site/sandbox>

This website offers users the ability to generate visual collaboration for creative work and education, allowing users to create boards to collect, organize and share thoughts and resources about a shared topic; and it's free!