

# Getting a Haircut

## Social Narrative for Children and Youth with Autism



When my hair gets long or messy, I need to get a hair cut. The hairdresser will make my hair neat and tidy!



I will wait until it is my turn. I can play with toys, read a book, or play on the iPad while I wait.



The hairdresser will call my name when it's my turn to get my hair cut.



I will sit in a chair. The hairdresser will put a cape around my neck to help keep my clothes clean.



There may be other people in the salon when I'm there. That is okay! I can see what their haircuts look like.



The hairdresser might wash my hair in a big sink! Or spray water on my hair.



The hairdresser might use scissors and a comb to cut my hair.



The hairdresser might use clippers. The clippers will make a weird buzzing sound. I might be nervous about the sound but the clippers won't hurt me. They might tickle. I can ask for a break if I need one.



The hairdresser will fold my ear to cut the hair behind it. That might feel funny! The noise from the clippers might be louder because they are near my ear, but they won't hurt me.



I'm all done!



I will wait while we pay.



When my haircut is finished , my hair will be neat and tidy.



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Autism & Behavioural Services | 1.866.590.8822 ext 1  
www.tvcc.on.ca | 779 Base Line Road East, London ON N6C 5Y6  
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