

# Getting My Hair Cut



Proud  
Moments ABA



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# A Note for Grown-Ups



Haircuts can bring a lot of new sensations: the sound of clippers, the feeling of a cape, a comb moving through hair, or loose hairs touching the skin. This story gives you a gentle way to talk about those experiences with your child before a visit.

Read together at a comfortable time. Look at photos of your own salon or barbershop, and talk about what will be the same or different. A first visit might be just a look around, a hello, or a moment in the chair.

Ask what feels helpful, and share your child's preferences with the stylist. Your child may communicate with words, gestures, pictures, a device, or changes in their body and expression. Agree on a way to pause, and respond when your child needs a break or wants to stop.

Each child's experience will be different. Some steps may take several visits; some may not be needed. Make room for choices, comfort, and connection. A finished haircut does not have to be the goal of every visit.

One small step at a time.



Nico's hair had grown. It tickled his ear.

"A haircut?" he asked. "Will someone stay near?"

"Of course," said his mom. "I'll stay close to you.

We'll take **little steps** while we try something new."



The cape felt too swishy. The buzzing was loud.  
The shop might be busy and full of a crowd.  
“That sounds like a lot,” Mom said with a smile.  
“We’ll find what feels better. It may take a while.”



They looked at some pictures of where they would go,  
The chair and the mirror, all lined in a row.  
“That’s where the haircut will happen,” Mom said.  
Nico pictured the visit and thought ahead.



They went to the shop just to look that day.  
No cutting was planned. They could visit and play.  
Nico peeked at the chair and waved at the door.  
“That’s plenty,” said Mom. “We can come back for more.”



They chose a calm time. Nico brought his **small bear**.  
There weren't many people or noises in there.  
With Mom sitting close and his toy in his hand,  
They talked with the stylist and made a small plan.



“Hello there, I’m Jay. We can start nice and slow.  
I’ll show you my tools so you know where they go.”  
Nico looked at the comb and the scissors nearby.  
Just looking was plenty. He gave it a try.



The chair looked so big. Nico looked up at the seat.  
They found a safe spot with support for his feet.  
He sat for a moment, then wanted to stand.  
They paused, and his mom held out her hand.



“This cape feels too swishy. It rubs on my chin.”

“Let’s find something softer before we begin.”

They tried a **soft towel**. Nico gave it a pat.

“This one feels better. I like it like that.”



“If you need a break, we can stop,” said Jay.

“You can point to this card, or show me your way.”

Nico pointed to “**BREAK**.” Jay put down the comb.

They practiced together, like they had at home.



“May I comb here?” Jay asked. Nico nodded his head.

“Just one little bit,” was what Nico said.

Jay combed a small piece, then paused to say,

“Would you like more, or a **break** right away?”



The clippers went “bzz” from a spot far away.  
“That sound is too much,” Nico told Jay that day.  
“Then we’ll leave them off,” Jay said. “That’s okay.  
There’s more than one way we can try this today.”



Jay showed him the scissors, then asked, "Shall we try  
**One snip** at the ends?" Nico gave his reply.  
A small piece of hair fluttered down to the floor.  
They paused before deciding to try any more.



Some little loose hairs made Nico wiggle his nose.  
“They tickle!” he said. “They’re inside of my clothes!”  
They brushed off the hairs and wiped gently, too.  
Then checked in with Nico about what they should do.



Nico pointed to “**BREAK.**” Jay stopped right away.  
They set down the tools. “We can rest,” said Jay.  
Nico stretched with his mom in a quiet small space.  
There wasn’t a timer. They followed his pace.



"I'm finished for now," Nico said. "Can we go?"

"Of course," said his mom. "Thank you for saying so."

The rest of his haircut could wait for a day

When Nico felt ready to try his own way.



“You showed us what helped. You told us your way.  
That’s something to feel very **proud** of today.”  
Some visits are little. Some visits are new.  
With help and small steps, Nico can find his way through.



# Nico's Haircut Hunt

Can you spot Nico's haircut helpers?  
Look closely. Point to each one!



Can you find?



teddy bear



soft towel



comb



communication card



book



star

Bonus: How many stars are hiding in the salon?

**Every little step is a Proud Moment!**



# ★ Big feelings. Little snips. ♥ One step at a time.

Getting My Hair Cut is a gentle, rhyming story that helps children explore a new experience, share what feels comfortable, and ask for a break.

With familiar comforts and grown-ups near,  
children can take small steps at their own pace.

Every little step is worth celebrating.



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