



**CT DCF Ethnic  
Hair and Skin Care  
Manual**

## Introduction

According to the 2000 Census, the United States is more ethnically and racially diverse than ever before. In recognition of this data, the Connecticut Department of Children and Families (DCF) understood that in order to meet the unique needs and expectations of this increasingly diverse population, the Department needed to develop appropriate policies, programs, and services for them. Therefore, in March 2007 the Department instituted the Ethnic Hair and Skin Care policy. The policy (31-8-12.1) states that the Department shall ensure that the basic needs of children in out-of-home care are addressed appropriately and consistently. Basic needs include the special care required for appropriate ethnic hair and skin maintenance. Children in out-of-home care shall have their hair and skin care needs appropriately maintained through the lens of cultural competence. It is our hope that with this manual, you'll be better prepared to comprehend these methods of maintaining ethnic hair and skin care of your children.

## Table of Contents

	PAGE
PART 1 - Hair Care	3
o Recommended Hair Care Routine	3
o Hair Products Ingredients to Watch Out for	6
o The Comb-Out Process for Hair	8
o Blow Drying the Hair	9
o Hair Care Tips for Infants	10
o TOP 11 Critical Tools Needed to Style a Child's Hair	11
o Hair Care Basics and Tips A Quick Review	11
o Washing & Conditioning	12
o Moisturizing and Styling Tips	12
o Maintenance/Styling Tools	13
o Boys Hair & the Barber Shop	14
o Choosing a Hair Salon	15
PART II - Skin Care	16
o Recommended Daily Skin Care Routine	16
o Moisturizing the Skin	17
o Sunscreen and Sunblock	17
o Eczema	18
o General Body-Care Tips	19
o Resource Bibliography	20
o Special note for Caregivers	21

## PART I - Recommended Hair Care Routine

### TIPS FOR SHAMPOOING HAIR:

#### How Often Should I Shampoo A Child's Hair?

It is generally recommended that the hair be washed no more than every 7-10 days. Shampooing more often than that tends to dry it out. However, shampooing a child's hair varies by hair texture. For example, a child with very fine hair will need to shampoo their hair more often than a child with medium to coarse hair. For coarse hair sometimes it is necessary to rinse and saturate hair before applying shampoos. This will rinse out any build-up of products such as gel, hair grease, mousse, and leave in conditioners.

#### The Process of Shampooing:

1. Shampoo a child's hair by having them kneel in a chair and bend over the kitchen sink or under the bathroom tub faucet. You may prefer to have the child lay on the kitchen counter on their back with their head under the faucet. This way the water would not get into their eyes. If possible, attaching a removable spray nozzle to the sink or showerhead greatly aids the process.
2. Squeeze some shampoo (approximately 1 tbsp.) into the palm of your hand and gently massage the shampoo all over the child's hair.
3. Using the ball of your fingertips (don't use your nails-scratching can irritate the scalp), gently massage the scalp with in and out motions, moving your fingers through the hair starting around the hairline and the nape of the neck and working your way to the center of the scalp.
4. When a child has tightly curled tresses, be sure NOT to gather the hair in a bunch on top of the head, as this may cause unnecessary tangling.
5. For thicker hair, it may be necessary to apply and rinse out shampoo two or three times, with one-two minute rinses in between. Caregivers may choose to wash the hair within the sections they divided it into when combing it out. This can make the washing process easier.

#### Considerations for What Type of Shampoo to Use:

1. Assess the characteristics/ needs of the type of hair for which you're selecting a shampoo. You may have to try several before finding one that "fits". Generally you want to look for a mild, moisturizing shampoo with a balanced pH value. The pH balance refers to the alkalinity and acidity of a particular product. A pH of 5 is supposedly the closest to that of normal hair and scalp. A balanced pH value will help maintain the hair's natural acidity level giving hair its shine and manageability.

2. The one ingredient to be careful to avoid in a shampoo is lauryl (or laureth) sulfate. Shampoos with this ingredient are designed to strip the hair's natural oils, and were not created for very curly hair.
3. Use of a "clarifying shampoo" every 4-6 weeks removes residue build-up from all of the various products being used on the hair (e.g. shampoos with protein, oils, gels, etc.).
4. Shampoos and conditioners suggested and targeted towards black children which are less harsh and irritating than adult products are: ProLine's "Just for Me", Dark and Lovely's Beautiful Beginnings", Crème of nature shampoo, African Pride's "Dream Kids". These products make thick hair more manageable.

### **Why Do I Need to Use a Conditioner and How Often?**

Conditioner is a lotion/cream for the hair and is intended to improve the surface qualities of the hair by smoothing the cuticle, keeping hair soft and giving it sheen. A conditioner should be applied after a shampoo.

### **What Type of Conditioner is Appropriate to Use?**

1. An "instant conditioner" is one that coats the hair and gives it body and shine. Instant conditioners flatten the raised cuticle, make the hair soft and manageable, and help protect the inner structure of the hair shaft from damage by acting as a barrier. This type of conditioner should be used whenever the hair is washed. When choosing an instant conditioner, look for ones that contain some combination of such ingredients as lanolin, cholesterol, sulfonated oil, vegetable oil, proteins and polymers.
2. Instant conditioners come in "rinse out" forms as well as "leave in" forms. Either is acceptable, and can be tried based on the needs you see in your child's hair. Using a leave-in conditioner after washing helps when combing through hair and blow-drying with an attachment. It can also help protect hair from heat of blow- drying.
3. The only caution with a "leave-in" conditioner is that curly hair that is silkier or finer in texture may be left with a film or residue if the leave-in conditioner is too heavy for the texture type. In this case, rinsing it out is advised. A light leave-in conditioner that is in the form of a spray can be used afterwards before brushing/styling the hair.
4. A "penetrating conditioner" is a deeper conditioner that is absorbed into the hair and improves the appearance of the hair. They are made from animal proteins and keratin. This type of conditioner should be used at each wash if a child's hair is damaged (e.g. ends are split, growth is uneven, hair is exposed to chlorine, colored, etc) or if the scalp looks very dry. If a child's hair is not damaged, this type of conditioner is good to use once a month. Allowing a penetrating conditioner to stay in the hair for at least 15 minutes before rinsing it out is often beneficial. Another technique to get the most value out of

such a conditioner is to apply the conditioner and then wrap a moist warm towel or plastic shower cap around the hair for at least 15 minutes. Afterwards, rinse thoroughly until the water runs clear.

## What's the Best Way to Apply Conditioner?

1. After shampooing the hair and rinsing it thoroughly, gently squeeze all of the excess water from the hair. Section the hair, and add about a handful of conditioner to the palm of your hand and massage the conditioner through. A wide-tooth comb is an excellent tool to use to work conditioner through the hair. You can also use the fingertips to do this.
2. Give special attention to working conditioner through to the ends of the hair, as the ends tend to be the driest part of the hair and the most prone to tangling and knotting.
3. Rinse (or leave on if you've used a "leave-in" conditioner) and then comb out and twist the hair into 6 to 15 sections depending on how thick and long the hair is.

## Hair Product Ingredients to Watch Out for

Many of the commercially available hair care products use potentially harmful ingredients. In the interest of good health, the list below contains ten commonly found product ingredients to avoid.

Check the list of ingredients on hair products. The closer it is to the top of the list of ingredients on the bottle, the more that particular ingredient is found in that product.

Ingredient Name	Product Usage	Other Uses	Potential Danger
Isopropyl Alcohol	Color rinses	<ul style="list-style-type: none"> <li>Anti-freeze</li> <li>Solvent in shellac</li> </ul>	<ul style="list-style-type: none"> <li>Dries hair</li> <li>Breaks hair off</li> </ul>
Mineral Oil/Petrolatum	Moisturize	<ul style="list-style-type: none"> <li>Derivative of crude oil</li> <li>Industrial grease component</li> </ul>	<ul style="list-style-type: none"> <li>Coats skin/hair like <i>plastic wrap</i></li> <li>Prevent the release of toxins and wastes</li> <li>Hinders normal skin respiration by keeping oxygen out</li> <li>Can lead to sensitive skin/skin disorders</li> </ul>
Polyethylene Glycol (PEG)	Product thickeners	Used in cleansers that dissolve oils and greases	Contributes to stripping the natural moisture
Propylene Glycol *	<ul style="list-style-type: none"> <li>Make-up</li> <li>Hair products</li> <li>Lotions</li> <li>After-shave</li> <li>Deodorants</li> <li>Mouthwashes</li> <li>Toothpaste</li> </ul>	Active component of anti-freeze	Breaks down protein and cellular structure (There is no difference between the PG used in industry and the PG used in personal care)

\* Because of its ability to quickly penetrate the skin, the EPA requires workers to wear protective gloves, clothing and goggles when working with this toxic substance.

# Connecticut DCF Ethnic Hair and Skin Care Manual

Ingredient Name	Product Usage	Other Uses	Potential Danger
<ul style="list-style-type: none"> <li>Sodium Lauryl Sulfate (SLS)*</li> <li>Sodium Laureth Sulfate (SLES)*</li> </ul>	Widely used in: <ul style="list-style-type: none"> <li>Cosmetics</li> <li>Toothpaste</li> <li>Hair Conditioner</li> <li>About 90% of all shampoos and products that foam</li> </ul>	Used in testing labs as the standard ingredient to irritate skin	<ul style="list-style-type: none"> <li>Shampooing the hair with a product containing these substances can lead to its absorption into the body at levels much higher than eating nitrite-contaminated foods.</li> <li>SLES is slightly less irritating than SLS, but may be more drying</li> </ul>
* They are used in personal care products because they are cheap. A small amount generates a large amount of foam, and when salt is added it thickens to give the illusion of being thick and concentrated.			
Chlorine	Not found in hair products, but it is important to be aware of potential exposures to protect yourself	Exposure to Chlorine: <ul style="list-style-type: none"> <li>Tap water</li> <li>Showers</li> <li>Pool</li> <li>Laundry products</li> <li>Cleaning agents</li> <li>Food processing</li> <li>Sewage systems</li> </ul>	Allergies to more severe health risks are a potential harm when exposed to this element
<ul style="list-style-type: none"> <li>Diethanolamine (DEA)</li> <li>Momoethanolamine (MEA)</li> <li>Triethanolamine (TEA)</li> </ul>	Commonly found in most personal care products that foam Including: <ul style="list-style-type: none"> <li>bubble baths</li> <li>Body washes</li> <li>Shampoos</li> <li>Soaps</li> <li>Facial cleansers</li> </ul>		Repeated skin applications of DEA-based detergents are known to form cancer causing nitrates and nitrosamines
* Usually listed on ingredient labels in conjunction with compound being neutralized (Cocamide DEA or MES, Lauramide DEA etc)			
FD&C Color Pigments	<ul style="list-style-type: none"> <li>Hair dyes</li> <li>Color rinses</li> </ul>		Many color pigments cause skin sensitivity and irritation
Fragrance *	Present in most: <ul style="list-style-type: none"> <li>Deodorants</li> <li>Shampoos</li> <li>Sunscreens</li> <li>Skin care</li> <li>Body care</li> <li>Baby products</li> </ul>		Symptoms reported to the FDA have included: <ul style="list-style-type: none"> <li>Headaches</li> <li>Dizziness</li> <li>Rashes</li> <li>Skin discoloration</li> <li>Violent coughing and vomiting</li> <li>Allergic skin irritation</li> </ul>
* Fragrance on a label can indicate the presence of up to 4,000 separate ingredients.			
<ul style="list-style-type: none"> <li>Imidazolidinyl Urea</li> <li>DMDM Hydantoin</li> </ul>	Nearly all brands of: <ul style="list-style-type: none"> <li>Skin products</li> <li>Body and hair care products</li> <li>Antiperspirants</li> <li>Nail polish</li> </ul>		<ul style="list-style-type: none"> <li>These are just two of the many preservatives that release formaldehyde odors.</li> <li>According to the Mayo Clinic, formaldehyde can irritate the respiratory system, cause skin reactions and trigger heart palpitations</li> </ul>

## The Comb-Out Process for Hair

### Why It's Done:

It is recommended that hair be sectioned in order to comb it out because it divides the hair into manageable parts and aids the overall process. The focus is removing tangles in order to be able to work with the hair more easily & not hurt the child in the process.

### When to Do It:

1. Always comb out the hair after it has been washed and conditioned.
2. Comb out the hair when you're getting ready to change styles.

### What to Use:

1. The following tools are used in the comb-out process: wide-tooth comb, clips or cloth-covered bands, light oil, and boar-bristle brush. Rattail combs should only be used for sectioning coarse hair. A rattail has fine teeth and can pull out coarse hair if you comb hair with it.
2. Using a natural bristle like boar's hair is a good decision. The boar bristle hair brush bristles are similar to the keratin of your hair and absorb the dirt and oil just like your hair. In addition, the tips of the boar hair brush, are rounded and when used it gently massages your scalp. This brush does not damage the hair.
3. Paddle hairbrushes are flat and wide. They help in brushing long hair and for styling it. Brushing your hair with a paddle brush also gives you a slight scalp massage. These brushes are used to style layers, as they do not add volume to layers.

### What Not to Use:

1. When combing out the hair small tooth combs are not recommended because they will pull the hair and cause breakage.
2. Do not use rubber bands because this will cause the hair to become tangled and cause breakage.
3. Do not use synthetic bristle brushes because this pulls the hair and causes breakage.

### What to Do:

1. Use a rattail comb to divide the hair into 4 - 8 sections, depending on the thickness of the hair. The tighter the curl pattern of the hair, the more sections you'll need. The looser the curl pattern, the fewer sections are needed.



2. When using the rattail comb to divide the hair into workable sections, be careful not to dig the comb into the scalp. If the hair appears to be tangled, gently pull the strands apart with the fingers.
3. After each section is separated, hold that section of hair together with a cloth-covered elastic band or twist the section and hold it securely with a clip.
4. Once all of the hair is sectioned, untwist or unclip one section of hair.
5. Hold the hair firmly at the root, and using a wide-tooth comb, start combing the hair at the ends and work your way up to the roots. The movement should be quick, but not painful to the child. Do not comb wet, coarse hair with the rattail comb as hair loss may result.
6. After all of the hair is combed through apply a small amount of oil to the scalp (don't over saturate) and massage a little oil all over the hair. Use oil that contains sage, olive, rosemary, and almond or lavender, which are the best oils for the hair and scalp. Avoid using heavy substances such as lanolin, petroleum and mineral oils, as they attract dust and dirt and may clog the pores. If pores are not able to breathe, the natural hair-growth process may be slowed.
7. Based on the texture / coarseness of the hair, take the boar-bristle brush and brush the oil into the hair, then twist and clip each section so that it doesn't become tangled as you work on the next section.

### **Blow Drying the Hair**

#### **Why It's Done:**

1. Blow-drying the hair makes it straighter and easier to comb and style. It is a good alternative to achieving a straighter look without using harsh chemicals that can affect the scalp.
2. Many persons find it easier to undertake the styling process (e.g. braiding) when the hair is straighter and dry, however, if you choose not to blow-dry the hair, you can move right into creating a style (e.g. braiding or twisting).

#### **What to Do:**

Blow-drying is most easily done section-by-section through the hair. After you've combed out the hair, oiled the scalp and twisted each section, remove one clip at a time and blow-dry each section individually.

#### **What to Use:**

Use a blow-dryer with a comb nozzle attachment. Blow-dry each section, drying the ends first, and then drying the hair down to the scalp.

## Hair Care Tips for Infants

1. 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.
2. 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.
4. A baby's hair should typically NOT be washed more than once a week.
5. 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.
6. When choosing an oil, you want something that is very light and natural. Choose a product that contains herbs, olive oil and other natural ingredients (e.g. aloe, sage oil, olive oil, almond, lavender, rosemary and castor oils). These products can be found at a natural hair salon or at a health food store.
7. You want to avoid products that could potentially clog the pores, such as
  - a. Petroleum Jelly.
8. Leaving a baby's hair natural 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:
  - (a) Avoid pulling the hair too tightly
  - (b) Don't try to force styles that can't be accomplished because the baby's hair is too short or soft
  - (c) 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
9. 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.
10. 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.
11. 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.
12. 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.

## TOP 11 Critical Tools Needed to Style a Child's Hair

1. **Combs:**
  - Rattail comb (great for making straight parts and removing debris from the hair)
  - Pick (wide teeth allow for combing through thick hair)
  - Wide-tooth comb (helps detangle thick hair during a comb out)
2. **Brush**
  - You need a soft or medium boar bristle brush (avoid brushes with plastic or nylon bristles, as they contribute to breakage in the hair)
  - A brush helps to smooth the hair
3. **Oil**
  - Good for shine and provides some nutrients (use oils that contain sage, olive, rosemary, and almond or lavender, which are great for the hair and scalp)
  - Light oils in liquid form (not gel) are best
4. **Spray Bottle or Detangle Spray**
  - If using spray bottle, fill it with one part oil and six parts water
5. **Blow Dryer (preferably with a comb attachment)**
  - Aids in quick drying and detangling
6. **Hair Ornaments**
  - Bows, ribbons, barrettes, cloth-covered rubber bands (these won't break the child's hair), beads, knockers (or ponytail holders)
7. **Hair Pins**
  - To assist in holding some styles securely
8. **Hair Clips**
  - To keep hair divided into sections when attempting to style
9. **Gel**
  - Helps in styling and adding luster (Do not use alcohol-based gels)
10. **Child's favorite videotape or DVD**
  - Can be an aid in getting children to sit still during a styling process
11. **Patience**
  - Do not become frustrated with the process (Have FUN!)

### Hair Care Basics and Tips: A Quick Review

Hair should be treated as gently as you would a fine washable silk blouse. The better you treat your hair, the easier it will be to grow and the better it will look. With some exceptions, African-American hair is usually coarser in texture, tighter in curl pattern and more delicate and vulnerable to damage from environmental and chemical treatments. The hair tends to be dryer and more prone to breakage because the curl pattern makes it more difficult for the oils to work their way from the scalp to the ends of the hair. The points where the hair curls and twists are also points where the hair tends to break. The more of these points the more the hair is prone to breakage.

Because the hair can be kinky, it tends to tangle more and pulling these tangles out can cause breakage.

### **Washing & Conditioning:**

1. Wash the hair no more than once a week or once every week and a half (7-10 days), more than that can dry it out.
2. Use the pads of the finger in a "scratching" motion to cleanse the scalp/roots, rather than using hands to lather entire head (Using gentle and direct "scratching" motions will reduce tangling).
3. Comb the hair out while you're conditioning it to remove the tangles while it's wet and relatively slick.
4. Using a leave-in conditioner after washing helps when combing through hair and blow-drying with an attachment (It can also help protect hair from the heat of blow-drying).
5. Do a deep conditioner or hot oil treatment once a month.
6. For youth that exercise and sweat, rinse the salt out of the hair even if you don't wash it (Condition it afterwards with a daily leave-in conditioner).

### **Moisturizing:**

1. Oil the scalp on a regular basis with good natural oil like jojoba (Daily moisturizing or "greasing" the scalp with a light oil or light grease can be helpful in maintaining a desired level of moisture).
2. Massage the scalp on a regular basis to promote circulation and oil production (Brushing the hair can help promote oil production from the sebaceous glands as well).
3. Avoid overuse of products with a mineral oil or petroleum (They tend to block the pores and are not readily absorbed. (DO NOT USE PETROLEUM JELLY!))
4. Remember that water (moisture) is the child's friend, so make sure the child gets plenty inside and out. If you used to press the hair or blow it out and learned to fear water because it would dry it up, you need to get over this (Spritzing a little water on the hair every day is a good idea). Get a spray bottle and spray it, just a little, over the hair.
5. If you relax the hair, you've weakened the hair and reduced the ability for the scalp to naturally oil itself (Following the tips listed above will help improve the hair's moisture content).

### **Styling Tips:**

1. Put as little heat as possible on the hair (Heat, especially combined with perms is very damaging to hair).
2. Avoid alcohol based products unless you have a need for a water-free shampoo to cleanse the scalp (for example while you're waiting for the child's locks to lock).

3. Eat a proper diet (Vitamins and protein are essential for proper hair growth).
4. Find a style that works with the natural hair type and growth pattern (The less you work against the hair, the less stressed it will be).
5. Do not relax the hair until it is bone straight (This is just asking for trouble. Why relax the hair until it has absolutely no body or curl and then put heat on it to try to get that curl back?).
6. Be gentle with the hair, especially if it has been chemically treated, which by nature stresses hair.

### Maintenance/Styling Tools:

1. A good shampoo (They will be more expensive, but they'll use more gentle cleansers and be more concentrated). The hair will definitely show the difference.
2. An acidifier (A conditioner with a low Ph). Acidifying the hair adds shine and detangles.
3. Hot oil treatment or deep conditioner. For example, *Saniyyah...Naturally Lemongrass Hot Oil Treatment*. It is an all-natural based Shea butter treatment. Apply the conditioner or hot oil treatment to the hair and scalp, cover with a plastic cap and sit under a dryer for 15-20 minutes. Alternatively, you can wrap your (child) head in a towel. Then wash the hair thoroughly (This is very important for dry brittle hair).
4. Leave in conditioner or daily moisturizer (This is what you'll put on the hair after you've thoroughly cleaned it to continue to provide oil and moisture).
5. A comb for the natural kinky or curly hair type. Use a plastic comb with large teeth to comb through natural kinky or curly hair (Combs with smaller teeth can pull hair out and break it off). Use a small rattail comb for parting hair into sections.
7. A natural bristle brush.
8. A spray bottle to mist the hair.
9. A satin scarf, cap, or wrap to wear on your (child) head at night or a satin pillow case.
10. Frequently clean styling tools with a shampoo and very warm water. The utensils can also be soaked overnight (Over time, brushes, combs, and picks hold the odor, dirt, oils, and residue from the hair).
11. Ensure combs have smooth edges/teeth (Replace combs that are missing teeth to avoid pulling out the hair).
12. Frequent trimming of the hair ends is vital to promoting hair growth. The ends must be removed for the hair to grow and look healthy (Ask the stylist for recommended trimming frequency; often between 6-8 weeks).

## **Sleeping:**

1. Either section the hair and plait/braid it, tie it back or wrap it up using a scarf before going to bed, this will reduce the number of tangles you have to comb out the next morning, in turn, reducing the chances of breaking the hair.
2. Sleep with a satin scarf or sleep cap on your (child) head or with a satin pillow case. This helps to avoid split ends caused by the rubbing of the hair against a "rough" cotton pillow case.

## **Boy's Hair & the Barber Shop**

### **Suggestions for Finding a Barber:**

1. 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?"
2. When you find a barber, watch him cut some boys' hair. Is he or she patient?
3. 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?
4. 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.
5. Listen in on their conversations. If you don't want the child listening to a lot of swearing and adult conversations, find another barber shop.
6. 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.
7. As a recommendation, the child's first visit to the barber should be around age

### **Some Popular Boy's Hair Styles:**

1. The Fade (hair cut short on the top and close on the sides)
  - o Care: Wash once a week and use a light oil and brush
  - o Maintaining this style will require frequent trimming (possibly every other week) based on the rate of hair growth.
2. The "All Even" (hair is cut even all around the head)
  - o Care: Wash once a week and use a light oil and brush
  - o Maintaining this style will require frequent trimming (possibly every other week) based on the rate of hair growth.
3. The Afro (hair is grown out several inches)
  - o 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 everyday, it will become matted and very difficult to comb.

- Consider braiding his hair in cornrows at night so hair will stay neater and will be easier to comb (note: a boy's hair needs to be at least 5 inches in length in order 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.
4. Cornrows and Twists
- On a regular basis, apply oil to the scalp around cornrows or twists.
  - It's difficult to completely remove the conditioner from the braids.
  - A boy's hair needs to be at least 5 inches in length in order to cornrow
5. Locks and Dreads
- Shampoo hair every week.
  - 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 lock neat and strong.
  - The only way to remove locks is to cut the hair off.

**(Special note: You can also blow dry boys hair)**

### Choosing a Hair Salon

1. One of the best ways to find a salon that is right for the child is word of mouth. In your travels throughout the day, while at the grocery store or any place children may be accompanying their parents, pay close attention to other children's hairstyles.
2. You want to find a salon that has a great reputation for working with children. Find out how long they've been in business. A year is long enough for a reputation to be established and for you to feel secure. Before going, find out if they take children and about the starting age.

### Ask for a Consultation:

1. Many salons will offer consultations. This is a good idea if you've never been to a salon before or if you're trying a salon for the first time.
2. A consultation will give the stylist a chance to check the texture and condition of the child's hair and discuss style options with you.
3. The consultation should include information about the price of the style, an explanation of the technique, and an estimated length of time it will take for the style to be completed, including any waiting time.
4. This is also a good time to ask about how long the style will last and its maintenance requirements.
5. During a consultation you shouldn't feel rushed. A stylist can answer questions even while working on someone else's hair. Don't feel intimidated. Ask all of the questions you came with and continue to dialogue until you feel satisfied.



## Preparing Your Child for a Salon Experience:

1. Taking a child to a hair salon for the first time can be a fun experience as well as exciting. Sometimes though, the excitement turns to fear once the child is separated from the parent and is experiencing a stranger touching them.
2. In order to prepare the child, here are some tips:
  - o Talk with the child a few weeks before and start continuously preparing her for the salon experience the closer it gets. Make sure you let the child know she will need to sit still and the importance of her cooperating with the stylist.
  - o If the child starts to cry at the salon, ask the stylist if you can hold the child's hand or let the child sit on your lap.
  - o Bring books, dolls or other portable activities to entertain your child at the salon. Based on the day of the week and time of day, the child may have to wait while the stylist rotates clients.
  - o As a recommendation, a child's first visit to the salon should be age 4 or 5.

## PART II - Recommended Daily Skin Care Routine

### Babies Less than One Year:

1. Gently wipe the baby's body with a soft cloth once a day with a mild cleanser. Wipe the face with water. Bathe at least every 2-3 days.
2. 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.
3. 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:

1. 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.
2. Particularly on pre-teen and teenagers, or children who have a high level of physical activity, if a daily bathing is problematic due to excessive dry skin, apply focused washing only in key areas on a daily basis (hands, face, under arms, groin area).
3. 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.
4. Apply sunscreen with an SPF of 15 to 30.



**MOISTURIZING THE SKIN: About Moisturizers:**

1. Moisturizing lotions are "water-in-oil" combinations, versus creams, which are "oil-in-water" combinations.
2. Creams are heavier and greasier, but they are often more effective for ashy and very dry skin.
3. 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. Also, look for unscented and alcohol-free moisturizers, as alcohol and perfume are drying and can be irritating. Also, avoid products containing Vitamin A or retinol, which can further dry the skin.
4. Don't forget about the lips and face. Moisturizers that are appropriate for the body may not be appropriate for the more delicate skin of the face.
5. Eating a balanced diet and drinking water are also beneficial for healthy, glowing skin.

**Products to Consider:**

All-Purpose Moisturizing Lotions	More Concentrated Moisturizers	Creams	Natural Products
<ul style="list-style-type: none"> <li>• Cetaphil</li> <li>• Lubriderm</li> <li>• Eucerin</li> <li>• Curel</li> <li>• Aveeno</li> <li>• Cocoa and/or Shea Butter</li> </ul>	<ul style="list-style-type: none"> <li>• Jergens Ash Relief</li> <li>• Lacti-Care</li> <li>• LAC-HYDRIN</li> <li>• AmLactin</li> <li>• Eucerin Renewal Alpha Hydroxy Moisturizer</li> </ul>	<ul style="list-style-type: none"> <li>• Eucerin Original Moisturizing Cream</li> <li>• Carmol 20</li> <li>• Vanicream</li> <li>• SBR Lipcream</li> </ul>	<ul style="list-style-type: none"> <li>• Products containing corn oil, soy oil and or beeswax</li> <li>• Burts Bees Buttermilk Lotion</li> </ul>

**Keys to Applying a Moisturizer:**

1. Apply moisturizer to damp skin within three minutes of showering or bathing to lock in moisture.
2. 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.

**About Sunscreens and Sunblocks:**

1. Sunscreens work by absorbing the harmful Ultraviolet A (UVA) and Ultraviolet B (UVB) rays before they can affect the skin.
2. Sunblocks create a protective barrier that reflects UV rays, causing them to bounce off the skin.

3. Sunscreens with an SPF of 30 or higher are recommended for children.
4. 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.

### **Finding a Product:**

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

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

### **Application Steps:**

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

## **Eczema**

### **What Is It?**

1. Common condition of the skin characterized by scaly, red, itchy and sometimes oozing skin lesions.
2. On skin of 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.
3. 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.
4. Many infants and children with eczema will outgrow the problem, however, many will not.
5. Eczema is treatable but not curable.

## Where Does Eczema Appear?

Most often, it appears on the neck, inside the elbows, and inside the knees, wrists, and ankles.

### Roots of the Eczema Rash:

1. Eczema occurs when the body's immune system overreacts to certain stimuli including foods, animal dander or wool clothing.
2. 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:

1. Excess heat
2. Sweating
3. Irritating soaps or detergents
4. Dust mites
5. Animal dander
6. Scratchy clothing such as wool
7. Foods such as dairy products or nuts
8. Stress
9. Dry, cool weather

### Daily Eczema Skin Care:

1. 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 dry.
  - Stay away from fragrance soaps, lotions, etc.
2. 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.

### General Body-Care Tips:

1. Take a short, warm (not hot) shower or bath only once a day, for not more than five minutes.

2. Use mild soaps that do not contain fragrance or other irritants (Avoid bubble baths and high foaming cleansers!).
3. Apply moisturizer to damp skin within three minutes of showering or bathing to lock in moisture.
4. During the winter, dress children in layers and choose soft fabrics like cotton, and avoid rough fabrics directly on the skin (e.g. wool).
5. Use a humidifier to counter dry indoor heat.

### Treating Eczema:

1. When eczema flares, treating it promptly is the key to eliminating the itch.
2. There are over-the-counter and prescription medications.

### Over-the-Counter Products:

1. Corticosteroid creams or ointments (e.g. Cortaid or Cortizone 10)
2. 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.

## Resource Bibliography

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*Costa, Jeanne. 2003 Making Cultural Connections: Hair and Skin Care for Children of African Descent. CWLA Press: Washington, DC.*

*State of Connecticut Department of Children and Families: March 15, 2007 Ethnic Hair and Skin Care Policy.*

*Beal, Anne C, M.D. M.P.H, Villarosa, Linda, and Abner, Allison, 1999 The Black Parenting Book. Broadway Books*

### **Special Note for Caregivers**

We encourage you when and if possible to ask biological parents what products they used on the child's hair and how it was managed. Also, we encourage you to reach out to other caregivers and friends for guidance on ethnic hair and skin care maintenance. If you're unable to locate a reputable Barber shop or Hairstylist, please feel free to contact the State of Connecticut Department of Public Health to obtain a list of licensed Barber shops and Hairstylists in your area. You can contact the Department of Public Health via telephone at 860-509-8000 or by visiting their website at [www.ct.gov/dph](http://www.ct.gov/dph).