

Brushing My Hair

Brushing my hair is part of my daily routine. It helps keep my hair clean, neat, and comfortable.



I can brush my hair at home, in my bedroom, or in the bathroom.



Some people use a soft brush. Some people use a wide-tooth comb. I can choose what feels best for me.



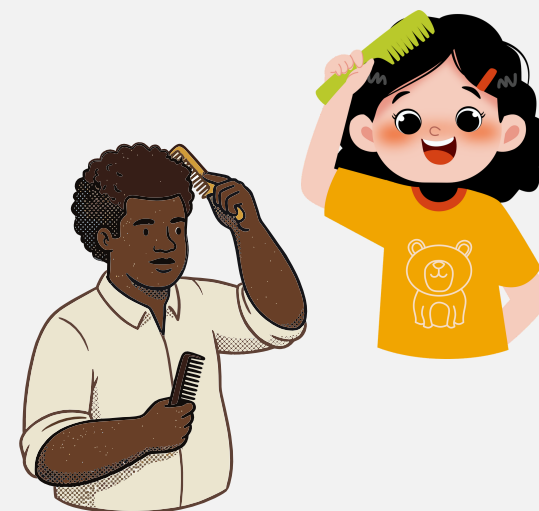
My hair might be straight, curly, long, or short. All hair types are different, and that is okay.



If I have straight or long hair, I can start at the ends and work my way up.



If I have curly hair, I may use a comb and go slowly to avoid pulling.



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If I have short hair, brushing may be quick and easy.



I can brush my hair when it's wet or dry. I can choose what works best for me.



Sometimes brushing my hair can feel uncomfortable. I might feel pulling or tangles. I can go slowly and take breaks if I need to.



I can also ask for help from a trusted adult if my hair is hard to brush.



When I finish brushing, I may feel proud that I took care of myself.



Brushing my hair is a skill I can practice. The more I practice, the easier it can get.

