

AUTISM FRIENDLY GUIDE

GUIDE TO BARBERSHOP VISITS



COMPREHENSIVE
BEHAVIOR SUPPORTS

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Guide to barbershop visits

Trips to the barbershop can be challenging. There are all kinds of unique sounds, smells, and other sensory input. Here are a few suggestions to ensure success the next time your child gets a haircut.

BEFORE THE VISIT

- Research “autism-friendly barbers” in your area
- Ask for an appointment at a time when the barbershop is least busy
- Ask if your barbershop offers noise-cancelling headphones, fidgets, or other strategies for calming kids during haircuts
- If the sounds of razors or other electric tools bothers your child, request a “scissor-only” cut
- Prepare a bag of preferred toys/activities to take on visit
- Identify possible triggers for your child and make a plan for how they will be addressed
- Prepare any visual supports you may be using
- Read a social story with your child

DURING THE VISIT

- Use visual supports
- Utilize reinforcers consistently throughout the visit (don't wait until things start going wrong!)
- Save some reinforcers for later in the visit (such as a special reinforcer for the least-preferred parts of the hair cut)
- Request provider to explain what they are doing before they do it
- Provide opportunities for a break if your child requests it

AFTER THE VISIT

- Do something highly preferred by your child right after the visit
- Write down unexpected obstacles so you can plan for them next time
- Make notes for your social story



***A smile
with every
step forward.***



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