🌈 My Visit to Cool Cuts for Kids

My Haircut Social Story

My name is: _____

My haircut day is: _____

1.I Am Going to Cool Cuts for Kids! 🌈

This is a special place where children go to have their hair cut.

I can look at pictures of the salon before I go.



2. I Will Meet My Stylist 👋

When I arrive, I will meet a friendly hairstylist.

My stylist is there to help me.

I can say hello, wave or communicate in my own way.

It's okay if I don't want to talk.



3. I Can Look Around 👀

The salon has colourful chairs, mirrors and haircut tools.

I might hear music, hairdryers or other children talking.

Some sounds might feel loud to me.

I can tell my parent or stylist if I need help.



4. I Can Choose Where to Sit 🚗

My stylist will show me where I can sit for my haircut.

I might sit in a car or in a hairdressing chair.

My parent or stylist can help me feel comfortable.

I can take my time getting ready.



5. I can watch something on TV or I can play video game.

My stylist will give me options and I will choose.



5. I Might Wear a Haircut Cape ✂️

My stylist might offer me a cape to help keep hair off my clothes.

The cape may feel different around my neck.

If I don’t like how it feels, I can tell my stylist.

We can talk about another option.



6. My Haircut Will Begin ✂️

My stylist might use a comb, scissors, clippers or a spray bottle.

Scissors make a little snipping sound.

Clippers make a buzzing sound.

My stylist can show me the tools before using them.

I can ask questions or tell my stylist how I feel.



7. I Can Ask for a Break 💗

Sometimes, having my hair cut might feel uncomfortable.

That's okay.

I can ask for a break or I can show a stop card.

My stylist can stop and give me time.

I do not have to rush.



8. My Stylist Will Listen to Me 🌟

Everyone feels differently about haircuts.

I might feel happy, excited, nervous or unsure.

All these feelings are okay.

My stylist and parent will listen to me and help me feel comfortable.

9. My Haircut Will Come to an End 🎉

When we are ready to finish, my stylist will put the haircut tools away.

My stylist might use a hairdryer. A hairdryer makes a blowing sound and blows warm air.

I can choose if I want my stylist to use it.

If I don't like the sound or feeling that's ok, I can say no and my stylist will listen to me.

We might brush loose hair off my clothes.

I can look in the mirror if I want to.



10. When my visit is finished I can choose a balloon and a lollipop! 🎈🍭

I can pick my favourite colour balloon.

Then I can say goodbye to my stylist.



I did a great job visiting Cool Cuts for Kids! 🌈