

# 4 TIPS

## FOR GETTING A HAIRCUT WITH AUTISM



1.

### SCHEDULING

CONSIDER WHAT TIME OF DAY YOUR CHILD TENDS TO BE THE LEAST OVERWHELMED

2.

### PRACTICE

TRY ACTING OUT THE SCENARIO WITH A DOLL OR A STUFFED ANIMAL

3.

### THE TRIM

USE A SAFETY SCISSOR AROUND SENSITIVE AREAS

4.

### AVOIDING STIMULI

TRY PUTTING ON A MOVIE OR TV SHOW, OR SINGING A SONG