

I am going to
Sarah's Hair Studio



Independent

Before I go:

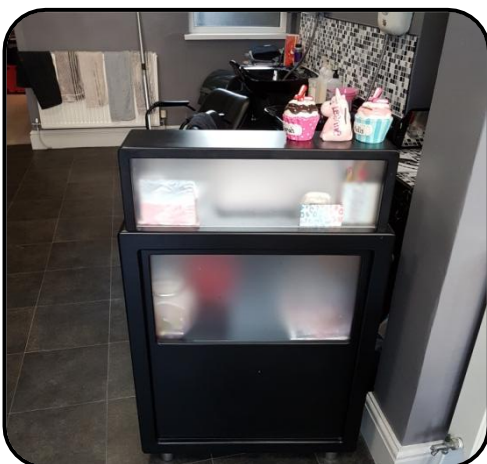
I will book an appointment over the phone or in Sarah's Hair Studio. The phone number is 01229 772418.

On The Day

I am going to Sarah's Hair Studio to get my hair trimmed.



When I get inside, I will go to the counter and tell the Hairdresser my name.



I may have to wait my turn. If I do, I can sit on the benches in the waiting area. There may be other people waiting too. This is ok, I can stay calm while I wait.



When it is my turn the Hairdresser will take me to sit on a chair. They are the person who will trim my hair.



The Hairdresser will put a cape around me to keep the loose hair off my clothes. If I do not want the cape I can say 'No, thank you!'



I will tell the Hairdresser how I would like my hair styled.

The Hairdresser uses lots of hair tools to trim my hair. They may use:

Comb



Scissors



Clippers



Hair Dryer



The Hairdresser will show me each item before they use it.

The Hairdresser may use Water Spray on my hair. My hair may be easier to trim when it is wet.

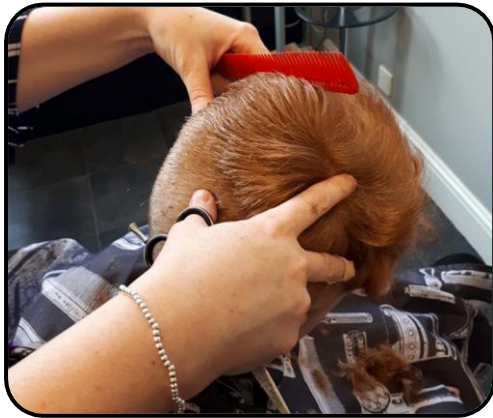


The Hairdresser will trim my hair, this doesn't hurt. I may hear scissors snipping or clippers buzzing. The Hairdresser will touch my head and my hair, this is ok.



If I feel scared or worried I can ask questions or ask to stop for a minute.

My Hairdresser may ask me to 'Look down' or 'Stay still'. This is so they can trim my hair correctly.



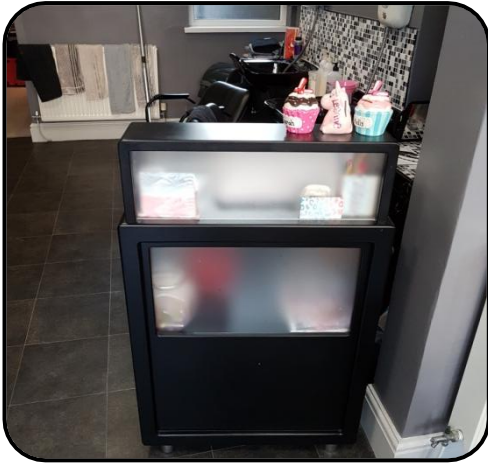
The Hairdresser may dry my hair with a Hair Dryer. This will make a loud noise and blow warm air on my head.



The Hairdresser will use a brush to get loose hair off my neck. I can do this myself if I like.



Once the Hairdresser is finished, I will pay at the counter.



Once I have paid, I will walk nicely out of Sarah's Hair Studio.