Haircut Visit Plan

Check each step when it is done.

WHERE WE ARE GOING _____

DATE _____

EXAMPLE



☑ **drive there** Check the box when that step is done.

1



☐ **drive there**

→

2



☐ **wait**

→

3



☐ **sit in the chair**

4



☐ **cape on**

→

5



☐ **spray or water**

→

6



☐ **clippers or scissors**

7



☐ **look in the mirror**

→

8



☐ **all done**

→

9



☐ **reward after**

Before we go

- ☐ **Ask for a quiet time or the first appointment**
- ☐ **Show photos of the shop**
- ☐ **Practice with a comb at home**

Add this to your child's Bloom Autism Support: snap a photo and send it to your child's Bloom Autism Support email address.

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What helps, and a plan

What helps your child, a card to hand over, and a plan if it is too much.

What helps my child

Check what helps.

- ☐ headphones
- ☐ a screen or toy
- ☐ sitting on my lap
- ☐ a countdown
- ☐ scissors only
- ☐ no spray

ALSO _____

My child may...

Cut out and hand to the barber or stylist

NAME _____

- ☐ move a lot
- ☐ need breaks
- ☐ not like the cape
- ☐ not talk

Thank you for your patience.

If it's too much, we can...

Pick one. Draw it or write it.

1. _____
2. _____
3. _____
4. _____

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