

Hair Washing Difficulties: Sensory Processing



Try and determine the root cause of the difficulties

Vestibular

Some children are sensitive to having their head tilted backwards or forward when having their hair washed. Your vestibular system controls your body's sense of balance and motion. Children with vestibular issues can feel unsteady, uncomfortable or even afraid when tipping their head.

Olfactory

Some children may be sensitive to smell, for example sensitive to smells of the products

Auditory

Some children struggle with sound for example, when underwater, running water, the echo in the bathroom

Tactile

Lots of children with sensory sensitivities have sensitive scalps or are sensitive to touch, and this includes even water. Water on their face, in their eyes, or having shampoo get into their eyes. Or having someone touch them to rinse their hair. Tactile is often the most common reason children have problems with hair care

See our Top Tip Hair Washing Handout



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