

# Getting a Haircut

A free printable social story for ages 3-8

Haircuts are a classic sensory challenge: unfamiliar touch near the face, buzzing and snipping sounds, and itchy clippings. This story prepares children for each sensation and gives them words to ask for breaks. Occupational therapists often recommend previewing haircuts this way for children with tactile sensitivity.

Sometimes my hair grows long, and it is time for a haircut.

Haircuts can happen at a hair salon or at home.

I sit in a chair, and a cape goes around my shoulders to keep hair off my clothes.

The hair cutter might spray my hair with water. The spray sounds like ssss and feels cool.

Scissors make a snip-snip sound near my ears. The sound is okay.

Cutting hair does not hurt. Hair cannot feel anything.

Little hairs might fall on my face and feel itchy. I can ask for a towel to wipe them away.

If I need a break, I can say, "Break, please."

I can watch a video or hold a favorite toy while I sit.

Sitting still helps the haircut finish faster.

When it is done, the cape comes off, and I can brush off the hair.

My hair looks neat, and I feel fresh.

Haircuts end, and then I go back to playing.

### **Tips for Reading This Story Together**

- Desensitize gradually at home: touch your child's head with a comb, spray a little water, and play salon before the real visit.
- Look for sensory-friendly salons or ask a stylist for the first appointment of the day when the shop is quiet.
- Bring a change of shirt; leftover clippings against the skin are often the worst part for sensitive kids.
- If clippers are unbearable, tell the stylist scissors-only in advance so the plan never has to change mid-cut.

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