

AUTISM FRIENDLY GUIDE

GUIDE TO BABERSHOP VISITS



GEORGIA

BEHAVIOR ASSOCIATES

AUTISM FRIENDLY GUIDE

Guide to barbershop visits

Trips to the barbershop can be challenging. There are all kinds of unique sounds, smells, and other sensory input. Here are a few suggestions to ensure success the next time your child gets a haircut.

BEFORE THE VISIT

- Research “autism-friendly barbers” in your area
- Ask for an appointment at a time when the barbershop is least busy
- Ask if your barbershop offers noise-cancelling headphones, fidgets, or other strategies for calming kids during haircuts
- If the sounds of razors or other electric tools bothers your child, request a “scissor-only” cut
- Prepare a bag of preferred toys/activities to take on visit
- Identify possible triggers for your child and make a plan for how they will be addressed
- Prepare any visual supports you may be using
- Read a social story with your child

DURING THE VISIT

- Use visual supports
- Utilize reinforcers consistently throughout the visit (don't wait until things start going wrong!)
- Save some reinforcers for later in the visit (such as a special reinforcer for the least-preferred parts of the hair cut)
- Request provider to explain what they are doing before they do it
- Provide opportunities for a break if your child requests it

AFTER THE VISIT

- Do something highly preferred by your child right after the visit
- Write down unexpected obstacles so you can plan for them next time
- Make notes for your social story

*A smile
with every
step forward.*



GEORGIA
BEHAVIOR ASSOCIATES