

My Daily Helper

Pink Bunny & Friends

Getting a Haircut



**A Social Story About
Knowing What Happens at the Salon**

1

I Am Getting a Haircut



Haircuts keep my hair the length and shape that works for me.

Ask Together

What might happen during this step?



I Look at My Plan



Pictures help me know the steps. I can bring a preferred item.

Ask Together

What might happen during this step?



I Arrive at the Salon



A salon may have mirrors, music, dryers, and other people.

Ask Together

What might happen during this step?



I Meet the Stylist



The stylist can show me the comb, scissors, or clippers before starting.

Ask Together

What might happen during this step?



I Sit and Wear a Cape



The cape keeps loose hair off my clothes. I can ask for an adjustment.

Ask Together

What might happen during this step?



My Hair Is Combed



Combing may tug a little. I can tell the stylist what feels uncomfortable.

Ask Together

What might happen during this step?



The Stylist Cuts My Hair



I keep my body as still as I can so the tools stay safe.

Ask Together

What might happen during this step?



I Use Helpful Supports



Headphones, a fidget, breaks, or a trusted person can help.

Ask Together

What might happen during this step?



We Check the Haircut



We look in the mirror. I can communicate if something needs changing.

Ask Together

What might happen during this step?





The cape comes off and loose hair is brushed away. I finished each step.

Ask Together

What part of this experience are you proud of?

