

## Caring for the Hair of Your African American Child

When you are caring for a child transracially, there are many things you may worry about. For many caregivers, thinking about hair care can easily fall to the bottom of the priority list until it becomes clear that new skills are required. Caregivers who may be parenting transracially, specifically those caring for African American children, may not know the steps needed to take appropriate care of hair that is so different from their own.

Culturally, hair is an especially important reflection of an African American person. Appearance is a powerful component of how we create our identity, and regardless of whether or not it's right to do so, others make assumptions about us based on how we present ourselves in the world.

Knowing how to instill self-confidence and build self-esteem in your children isn't an easy task. Those challenges may be multiplied when your child doesn't look like you. For African American children especially, hair care relates directly to self-esteem; the better they look, the better they feel about themselves. Acknowledge and celebrate your child's uniqueness, including their hair. By learning about and using appropriate hair care techniques for your children, you are also helping build their self-esteem and encouraging them to like the way they look.



No two people have the exact same hair. Just because your child is African American doesn't mean that their hair texture and type will be the same as that of others. That being said, there are significant differences in caring for the hair of your African American child compared to your hair. Here are some tips to help you care for your child's hair.

### Combing

The hair's texture lends itself to becoming tangled more quickly, and a simple act like combing can become painful if the hair is tangled. Here are some ways to help things go more smoothly:

- When removing a previous style, carefully remove rubber bands by cutting them with scissors, rather than pulling them out, so that hair isn't broken.
  - Wetting the hair will make the process easier. Keep a spray bottle of water nearby to re-wet the hair if it begins to dry while you are working. Adding a conditioner to the water will also help in detangling.
- Separate the hair into sections with your fingers or a wide-tooth comb and comb only one section at a time.
- Start at the ends of the hair and work back toward the head. Hold hair with one hand and comb from hand to end, moving your hand toward the head as you go.
- Be gentle; this process can be painful.

Continued on page 2

- Allow ample time. If your child has especially thick hair, combing can require additional time.
- Repeat daily as needed. Some styles may last longer and will not require daily combing. For these styles, make sure the hair stays moisturized.

### **Washing**

African American hair is prone to dryness and breaking; therefore, it needs to be washed less often than Caucasian hair to retain moisture.

- Wash every week to two weeks, depending on the child's hair.
- Shop for appropriate products. Choose a shampoo that has a pH level of 5-6.5. If you aren't sure, ask for a recommendation from a stylist.
- Have your child lean over the sink or bathtub and wet her hair thoroughly. Divide hair into sections so you can see the scalp, and put shampoo there first.
- Work shampoo out towards the ends of the hair, stretching the hair out rather than working in circles, which can create tangles.
- Rinse well.

### **Conditioning**

Adding conditioner to your child's hair after shampooing will replace the moisture needed to remain healthy. Keep the following in mind:

- Be flexible. Take seasonal changes into account when purchasing products. Different products may be needed at different times of the year. Your child's hair may need one product during winter when the air is dryer and another during the summer when there is more humidity.
- After rinsing the conditioner from the hair, gently remove all excess water by squeezing the hair with your hands.
- Section the hair with your fingers and

apply the conditioner, working from the scalp to the ends. Use your fingers or a wide-tooth comb to move the conditioner down, ensuring plenty of it makes it to the ends, which are the driest part of the hair and, therefore, most likely to become tangled or break.

- Leave the conditioner in the hair for several minutes. If you have time, place a shower cap over the hair and allow your child to play during this time so they are not uncomfortable waiting.
- Rinse well, making sure that all of the conditioner is removed from the hair.
- After conditioning, you might consider using a leave-in conditioner to keep necessary moisture and help make combing easier.

### **Blow Drying**

Blowing your child's hair rather than allowing it to air dry will smooth some of the natural curls and might make it easier to style.

- Separate the hair into sections after combing it while it is still wet. Try twisting the individual sections and clipping them to your child's head for ease of drying. Work with only one section at a time.
- Dry the ends first and work your way up to the scalp. The ends of the hair will require less time to dry as they are already the driest part of the hair.
- Use a blow dryer with a comb nozzle attachment or a natural bristled brush to pull the hair through it.
- Pay special attention to the heat settings on your blow dryer; be careful not to use too high of a heat level that will make your child uncomfortable.
- Using oil (like jojoba or coconut) applied to the scalp and hair when it is dry will help moisturize and can help smooth frizz and add shine.
- Once the hair is dry, it can be braided, twisted, put into a ponytail, or pulled

Continued on page 3

back with clips, barrettes, or a rubber band with a protective coating.

### Hair Care Products

Shop for appropriate products for your child's hair type. You don't have to buy products from a salon—you can find them at drug stores, on the Internet, at department stores, etc.

- You can buy conditioners for African American hair—some you rinse out, and others are designed to leave in.
- Look for products that are not water-based. After blow drying, a water-based product can cause hair to revert to the previous state and tangle, wave, and curl.

### Learning Curve

If you are struggling with caring for your child's hair, you may want to get help from a professional stylist to see how they recommend caring for your child's hair.

As with any new skill, there is a learning curve. Allow yourself enough time to learn the process and get it right. Helping your child look well-groomed can build self-esteem and instill confidence. Have fun, and use this time to talk with your child and be together.

Making a parent-child ritual out of caring for your child's hair can create special memories that you will both have as your child grows up and becomes able to care for him or herself.



## Resources

From the [Resource Library](#)

- *It's All Good Hair: The Guide to Styling and Grooming Black Children's Hair*, by Michele N-K Collison
- *African-American and Biracial Hair Care: A Parent's Practical Guide*, by Adoption Accents (DVD)
- *Making Cultural Connections: Hair and Skin Care for Children of African Descent*, by Jeanne Costa
- *Another Mother: Co-Parenting with the Foster Care System*, by Sarah Gerstenzang
- *The Interracial Adoption Option: Creating a Family Across Race*, by Marlene G. Fine and Fern L. Johnson

Training From [Champion Classrooms](#)

- [Hair Care and Identity in Black Culture: The Importance of Confidence and Connection](#)
- [Beyond Hair Care: Celebrating the Power and Cultural Significance of Black Hair](#)

Additional WiFCC Resource

- [Hair Care Resource for Wisconsin's Transracial Foster and Adoptive Families](#)

Additional Resources

- *Kinki Kreations: A Parent's Guide to Natural Black Hair Care for Kids*, by Jena Renee Williams
- *Brown Babies, Pink Parents: A Practical Guide to Transracial Adoption*, by Amy Ford
- *Kids Talk Hair: An Instruction Book for Grown-Ups & Kids*, by Pamela Ferrell
- [Hair Matters](#)
- [Transracial Parenting in Foster Care: Strengthening Your Bicultural Family](#) (Pages 30-32)
- [Caring for Your Child's African American Hair](#)