

PSHE: Health and Beauty

Do you know how to look after your hair?



Washing your hair

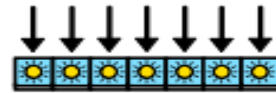
► How often do you wash your hair?



You can



wash your hair



every day.

It is



OK

though



to wash your hair

2

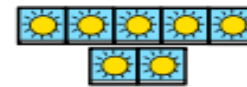
2

or

3x

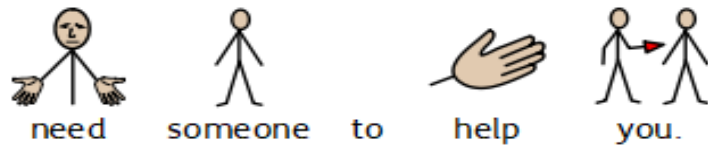
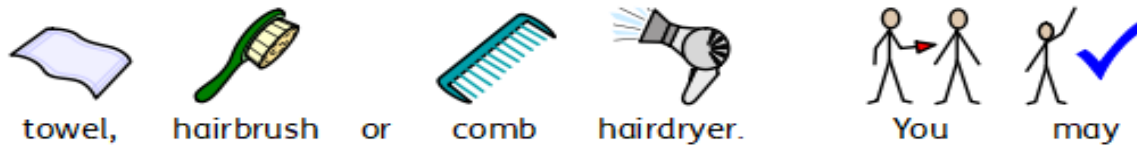
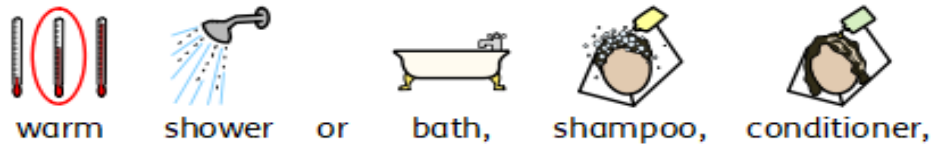
3 times

a



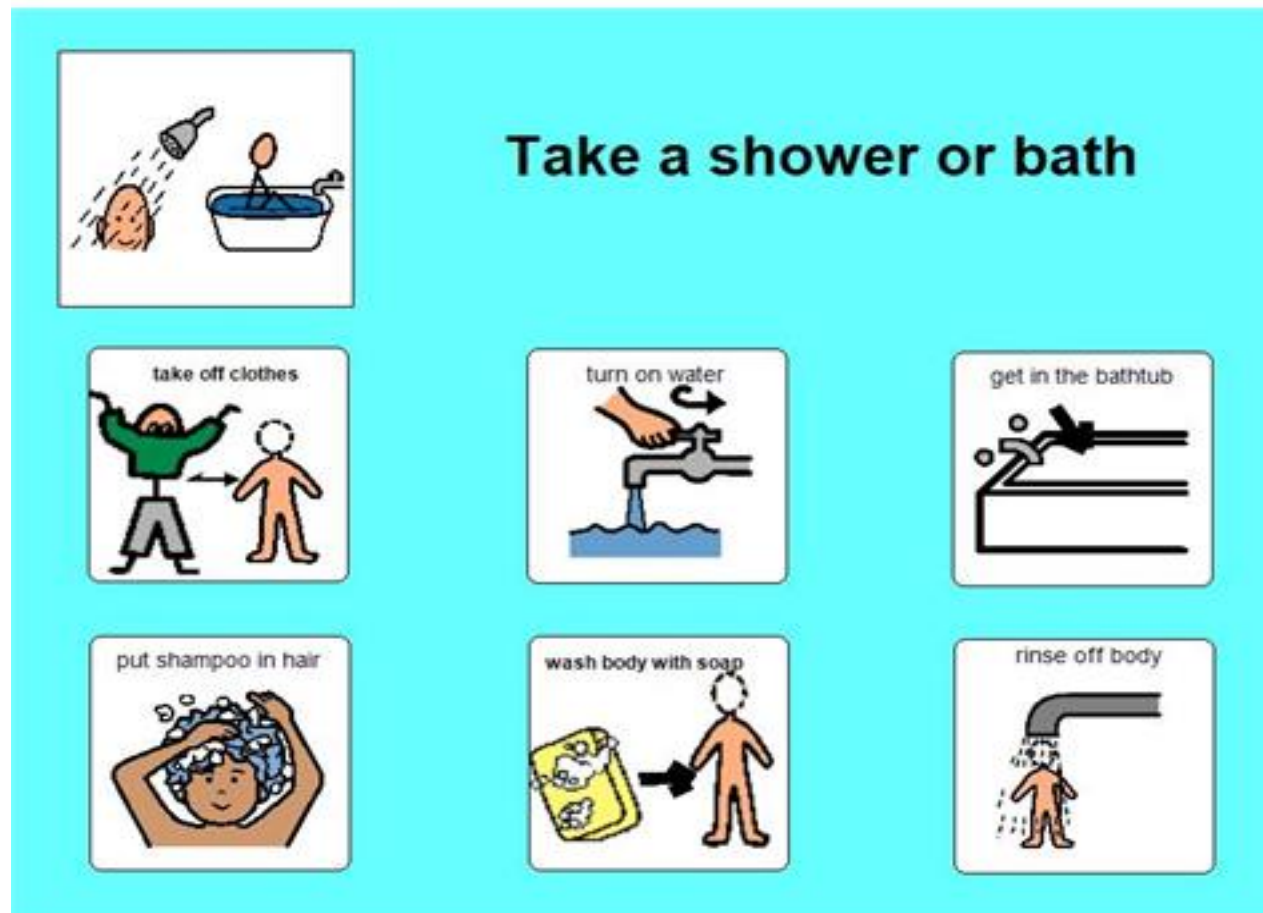
week.

How to wash your hair...



WATCH THIS SIMPLE LITTLE CARTOON, EDUCATIONAL VIDEO ON HOW TO WASH YOUR HAIR...

<https://www.youtube.com/watch?v=iqEWFmLuLTg>



If your child doesn't like having their hair washed, see this hair washing link for ideas on tips and strategies.

► <https://yourkidstable.com/child-hates-hair-washing/>





use



a hairdryer

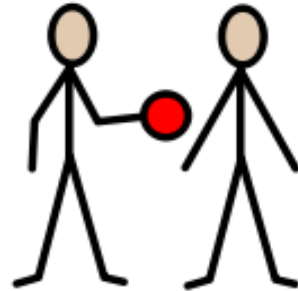
to



dry



and comb



your



hair style.

