

Hair and Skin Resources for Kids

Short Film (also a book): "Hair Love"

https://www.youtube.com/watch?v=kNw8V_Fkw28

Books:

I Love My Hair

Big Hair Don't Care

Penny and the Magic Puffballs

Hair Love

My Curly Perfection

My Hair is a Garden

*Crown: An Ode to the Fresh Cut**

When Mama Braids My Hair

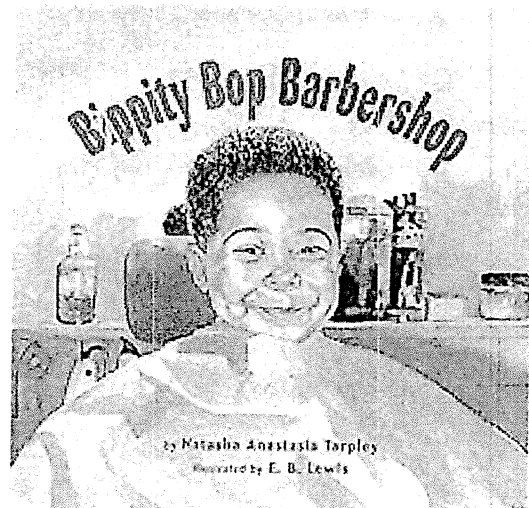
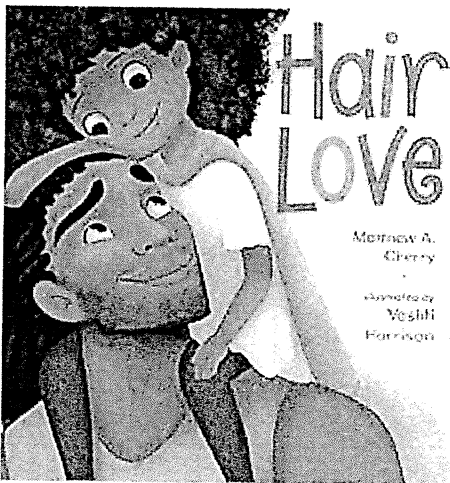
My Big Natural Hair

I am a Natural Cutie

I am Enough

*Bippity Bop Barbershop**

*Geared towards males. Also download app The Cut for barbers in the Milwaukee area



African American Hair and Skin Care

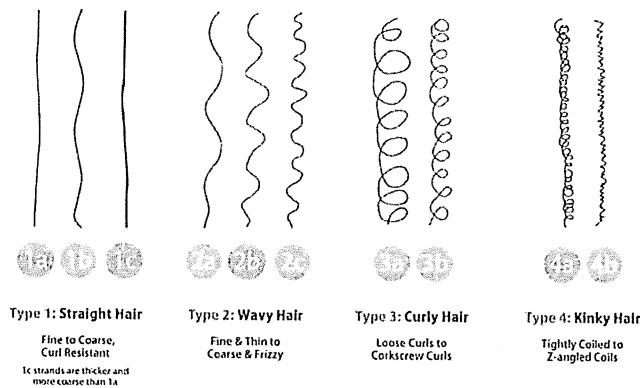
Below are some of the basics regarding African American hair and skin care. We also highly recommend you connect with a barber/stylist or another foster parent/family either through your licensing worker or Connecting Bridges to help you get started.

HAIR CARE

It's important to remember not to over wash. In fact, generally African American hair only needs to be washed about once per week.

Use the **L.O.C method**. Additionally, keeping hair in protected styles (braids, puffs, and twists) helps hair stay moisturized and healthy.

Know Your Hair Type



L.O.C. Method		
Steps	Recommended Products	What it does
Liquid (L)	<ul style="list-style-type: none"> - Water - <i>Carol's Daughter</i> Hair Milk - <i>Shea Moisture</i> Curl and Style Milk - <i>Shea Moisture</i> Moisture Mist - <i>Karen's Body Beautiful</i> Leave In Spray - <i>Karen's Body Beautiful</i> Sweet Ambrosia Leave-In 	Moisturizes the hair and leaves it soft and supple
Oil (O)	<ul style="list-style-type: none"> - Olive Oil - Coconut Oil - Avocado Oil - Castor Oil - Grapeseed Oil - Jojoba Oil 	Seals in the moisture from the Liquid
Cream (C)	<ul style="list-style-type: none"> - <i>Shea Moisture</i> Curl Enhancing Smoothie - <i>Cantu</i> Shea Butter Hair Butter - <i>Curtis</i> Whipped Cream 	Adds in an extra layer of moisture and seals in the Liquid and the Oil

Some other items you may want are a silk/satin pillowcase and sleep cap, t-shirt or microfiber towel to dry hair, wide tooth comb for detangling (check out *Denman Brushes* and *Tangle Teezers*), a teasing comb for styling, and a spray bottle filled with water.

Hair Resources and Tutorials:

<https://www.fosterloveproject.org/black-hair-care-resources.html>

<https://raisemagazine.com/7-natural-hair-care-tips/>

Sekora and Safari on YouTube: <https://www.youtube.com/channel/UCz2yThIUm7DEqMoMz94i89g>

Elle P Stewart on YouTube: https://www.youtube.com/playlist?list=PLJv114wQsZXR3yfSC5_viuOVagV2008S

Mom & Jas on YouTube: <https://www.youtube.com/watch?v=a3mTAWr4Z5g&feature=youtu.be>

The Cut App: Foster families with black boys should download the app The Cut to search for barbers in the Milwaukee area. Most of them accept appointments which can shorten the wait time parents will experience.

Hair Care Product Brands:

- Shea Moisture Kids
- Cantu
- Carol's Daughter
- African Pride
- Just for Me
- As I Am
- Kinky-Curly
- Melanin Haircare
- Hawaiian Silky

Salons/Barber Shops:

Gee's Clippers Barber and Beauty Salon in Milwaukee (414-442-7588)

Forever Faded Barber Shop in Waukesha (262-349-9289)

McCutcheon's Barber Shop in Cedarburg (262-377-3070)

Kater2Kidz Salon in West Allis (414-534-9301)

Expressive Styles in West Allis (414-249-5622)

Elle Belle Salon in Wales (262-968-2005)

Upscale Hair Studio in Racine (262-412-0989) -- Naketha Campbell, the salon owner, is willing to be a resource for hair consultation and services

Transcending Spa & Salon in Milwaukee (262-822-4247) - 935 W Silver Spring Dr #5, Milwaukee, WI 53209

SKIN CARE

African American skin is delicate and needs to be treated with care to avoid getting dry or developing dark spots and scars.

- Cocoa butter in a cleanser will help preserve the skin's natural oils, and cleansers containing sulfur can help to prevent dark spots on the skin.
- African American skin is generally very dry, and without proper moisturizer, may develop an ashy appearance so it is suggested to apply a moisturizer immediately after bathing. ***Vaseline and baby oil work well.***
- Consider using bedtime as a skin care time where you have a routine of applying lotion or cream to the skin.
- Remind your foster child not to pick at scabs or squeeze pimples, as this can result in permanent dark spots. Acne, if left untreated, can do the same.

- There is a misconception held by some that people with dark skin have a natural defense against the sun's damaging rays. While darker skin does provide some natural protection, like any skin it can burn, so it is recommended to use a sunscreen with an SPF rating of 15 or higher.

Barber Shops for Foster Parents by County

Milwaukee County:

Nappy Roots Hair Salon & Barber Shop
4728 W Fond Du Lac Ave, Milwaukee, WI 53216
(414) 447-6687

Sho N Out Barbershop
5501 W North Ave, Milwaukee, WI 53208
(414) 449-9905

Mama Cisse's African Hair Braiding
5926 N 76th St, Milwaukee, WI 53218
(414) 462-9899

The Big Picture Barbershop LLC
6236 W Silver Spring Dr, Milwaukee, WI 53218
(414) 763-1558

Blessed Barbershop
1919 W Lincoln Ave, Milwaukee, WI 53215
(414) 930-0797

Waukesha County:

Forever Faded Barbershop
1427 E Racine Ave Suite H, Waukesha, WI 53186
(262) 349-9289

(Near) Ozaukee County:

Mass African Hair Braiding
5420 N Lovers Lane Rd, Milwaukee, WI 53225
(414) 698-9977

Prenasis Hair Gallery
8229 W Brown Deer Rd, Milwaukee, WI 53223
(414) 368-3422

Racine County:

Pucci's Barber Stylists
2424 Lathrop Ave, Racine, WI 53405
(262) 554-1430

Upscale Salon

Barber Shops for Foster Parents by County

413 6th Street
Racine, WI
262-412-0989

Tha Illest Barbershop
2217 Lathrop Ave, Racine, WI 53405
(262) 800-1004

Kenosha County:

Adolfo Tha Barber
3203 Washington Rd Suite B, Kenosha, WI 53144
(262) 770-2735

Antou Beauty Town
6213 22nd Ave, Kenosha, WI 53143
(262) 653-1670