

CROWNED WITH CONFIDENCE

Companion Worksheets Pack

Ten printable worksheets to accompany the twelve-module training course

Photocopy or print one per child / activity as needed.

Worksheet 1: Personalised Hair Profile Template

Complete this profile with the child where possible. Review and update every 3–6 months or whenever hair texture/needs noticeably change.

Child's name / initials: _____

Date completed: _____

Completed by: _____

Next review date: _____

Curl Pattern

Observed pattern (e.g. 3C, 4A, 4B, 4C, mixed)

Notes on variation across the head (nape / crown / edges)

Porosity

Test method used (float test / stretch test / other)

Result (low / medium / high)

Care implications

Density

Observed density (low / medium / high)

Notes

Shrinkage

Approximate shrinkage (e.g. 50%, 75%)

Notes

Known Sensitivities / Allergies

Scalp sensitivities

Product reactions to avoid

Tender-headed? (yes/no, notes)

General Notes

Photos taken (yes/no, location on file)

Additional observations

Worksheet 2: Weekly Hair Care Routine Planner

Use this planner to map out a realistic weekly routine. Adjust the wash day frequency to suit the child's texture, style and lifestyle.

Wash Day Plan

Planned wash day(s): _____

Detangle method: _____

Shampoo used: _____

Conditioner / deep conditioner used: _____

Styling plan: _____

Estimated time needed: _____

Weekly Grid

Day	Morning routine	Evening / night routine	Products used	Notes
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Worksheet 3: Child-Centred Hair Care Plan Template (Trauma-Informed)

Complete this plan with input from the child, their social worker and, where appropriate, birth family. Review after any significant change in placement or behaviour.

Child's name / initials

Known history relevant to hair care (as much as is known and appropriate to record)

Known triggers or sensitivities around touch, tools, products or routines

Preferred pace and approach (e.g. short sessions, breaks needed, narration preferred)

Choices to offer during sessions (e.g. product scent, order of sections, style)

Signs of distress to watch for

Calming strategies that have worked

Preferred time of day / setting for hair care

Who is present during sessions

Agreed response if the child asks to stop

Review date

Worksheet 4: Protective Style Maintenance Checklist

Complete at installation and check off each maintenance point through the life of the style.

Style installed: _____

Date installed: _____

Installed by: _____

Planned removal date (recommended: no longer than 6–8 weeks):

Maintenance Checklist

- ☐ Hair was detangled and moisturised before installation
- ☐ Tension checked immediately after installation — no pain reported
- ☐ Tension re-checked 24–48 hours after installation
- ☐ No visible bumps, redness or raised eyebrows/hairline from tension
- ☐ Scalp moisturised with light oil (recommended every 2–3 days)
- ☐ Satin/silk scarf or bonnet used at night
- ☐ Child reports no ongoing pain, itching or headaches
- ☐ Style removed by or before the planned date
- ☐ Hair detangled and deep conditioned after removal

Worksheet 5: Product Label Analysis Worksheet

Complete one row per product before adding it to the child's kit.

[illegible]

Worksheet 6: Scalp Condition Observation Log

Record any scalp observation during wash day or daily care, even if minor. Patterns over time help identify issues early.

[illegible]

Worksheet 7: Cultural Support Plan Template

Complete with the child's input where possible. This plan should sit alongside, not replace, wider identity and life story work.

Child's name / initials

Known heritage / background relevant to hair and identity

Known family hair traditions (styles, products, routines, salons)

Identified culturally competent hair professional(s)

Representation resources introduced (books, media, toys)

Planned cultural connection activities

Milestones to mark positively (first retwist, big chop, etc.)

Review date

Worksheet 8: School Hair Policy Advocacy Tracker

Use this tracker to log any hair-related incident, comment or policy issue at school, and the steps taken to resolve it.

[illegible]

Worksheet 9: Hair Care Passport

This passport should travel with the child through any placement move or transition. Keep it updated and involve the young person directly as they grow older.

Basic Information

Child's name / initials

Date of birth (age band only where required)

Passport completed by

Last updated

Hair Profile Summary

Curl pattern

Porosity

Density

Shrinkage

Known sensitivities

Routine Summary

Wash day frequency

Preferred products (by category)

Preferred styles

Night-time protection method

Trusted Providers

Salon / barber name and contact

GP / dermatologist / trichologist (if relevant)

History and Preferences

Known family traditions

Milestones reached

Things that have not worked well

Things the child particularly likes

Independence Level

Skills the child can currently do independently

Skills currently being taught

Next skill to introduce

Notes for the Next Carer / the Young Person

Anything else important to know

Worksheet 10: Myth vs Fact Discussion Cards (Module 1)

Use as a facilitated discussion activity. Read each myth aloud and ask carers to discuss before revealing the fact.

MYTH 1: Afro-textured hair doesn't need to be washed often.

FACT: The scalp still produces oil and needs regular, gentle cleansing — infrequent washing can lead to build-up and scalp issues, even though very frequent washing can be drying.

MYTH 2: Shrinkage means the hair is damaged or not growing.

FACT: Shrinkage is a normal feature of coily hair and can be 50–75% of the hair's stretched length. It is not a sign of damage.

MYTH 3: Oil alone will moisturise dry hair.

FACT: Oil seals moisture in but cannot add moisture on its own. A water-based product should always be applied first.

MYTH 4: Mixed-race hair is automatically 'easy hair'.

FACT: Mixed-race hair spans the full range of curl patterns and can be just as fragile and moisture-hungry as any other texture — it should be assessed individually.

MYTH 5: Tight braids show a style has been done neatly and well.

FACT: Excessive tension causes traction alopecia and pain. A well-installed style should never cause pain or visibly pull the hairline.

MYTH 6: Detangling should start from the roots.

FACT: Starting at the roots drags every knot through the full length of the hair. Detangling should start at the ends and work upward.

MYTH 7: All Black or mixed-race hair is basically the same and can be treated with one approach.

FACT: Curl pattern, porosity and density vary enormously between individuals, and even across a single person's head.

MYTH 8: Natural Afro hairstyles are 'extreme' or against normal appearance standards.

FACT: Natural hair in its unaltered state is not inherently 'extreme' — policies that penalise it can amount to indirect race discrimination.

MYTH 9: Chemical relaxers are necessary to make Afro hair 'manageable'.

FACT: Natural Afro hair can be fully and healthily managed without chemical alteration; relaxer use for children should only ever be an informed, age-appropriate choice for the young person, not a default.

MYTH 10: Only carers who share a child's ethnicity can learn to care for their hair well.

FACT: Any carer can learn to care for Afro-textured hair competently with the right training, practice and cultural humility — though connecting the child with same-heritage role models and professionals remains important.