



# Foster Haircare Basics

Caring for African-American & Biracial Hair with Confidence

A simple, supportive resource for foster & adoptive caregivers



## Welcome

Caring for textured hair may feel new at first – and that's okay.

**African-American and biracial hair is beautiful, versatile, and unique.** With the right basics, you can help your child feel confident, cared for, and culturally respected.

This guide is designed to help non-ethnic foster and adoptive parents understand the essentials of healthy natural hair care.

## Understanding Textured Hair

- The number one need for textured hair is **MOISTURE**.

**Best simple moisturizers:**

- ✓ Aloe Vera
- ✓ Rose Water
- ✓ Water-based leave-in conditioners



**Tip:** Expensive products are not always better. Simple, gentle ingredients often work best.

[www.aarimichole.com/crown-care-collective](http://www.aarimichole.com/crown-care-collective)



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## Detangling the Right Way

- Never detangle textured hair when it is dry.
- ✓ Always detangle on:
  - ✓ Wet or damp hair
  - ✓ With conditioner or a detangling spray



## The LOC or LCO Method (Moisture Routine)

- **Liquid** (water or spray)
- **O** = **Oil** (seal moisture)
- **C** = **Cream** (softness and hold)



## Choosing the Right Oils

- **Lightweight oils** (great for most kids):
  - ✓ Almond oil
  - ✓ Jojoba oil
  - ✓ Grapeseed oil

**Tip:** Expensive products are not always better. Simple, gentle ingredients often work best.

**Heavier sealants** (for very dry or coarse hair):

- ✓ Shea butter
- ✓ Castor oil
- ✓ Coconut oil



## Natural Essence HAIRCARE

Trusted natural haircare support for foster & adoptive caregivers.

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