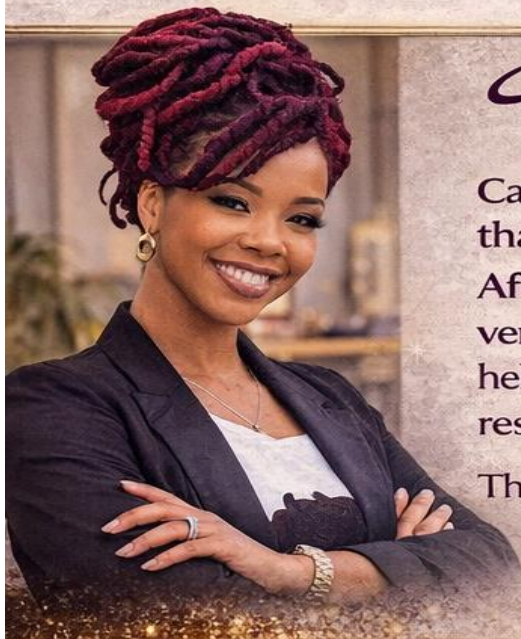




Foster Haircare Basics

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.

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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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