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Tanisha C. Fulcher has nearly 12 years experience working with foster children and families involved with the system of care. She values cultural differences and believes that many life issues should be viewed through a cultural lens. Tanisha is passionate about empowering, educating, and advocating for the underserved and disenfranchised. Tanisha received a BS in Biochemistry from Spelman College in Atlanta, GA and an MS in Marriage & Family Therapy from Northwestern University in Evanston, IL. She is currently working on a Doctorate of Psychology (PsyD.) with a concentration in Clinical Psychology from the Behavioral Sciences Department of Southern California Seminary in El Cajon, CA.

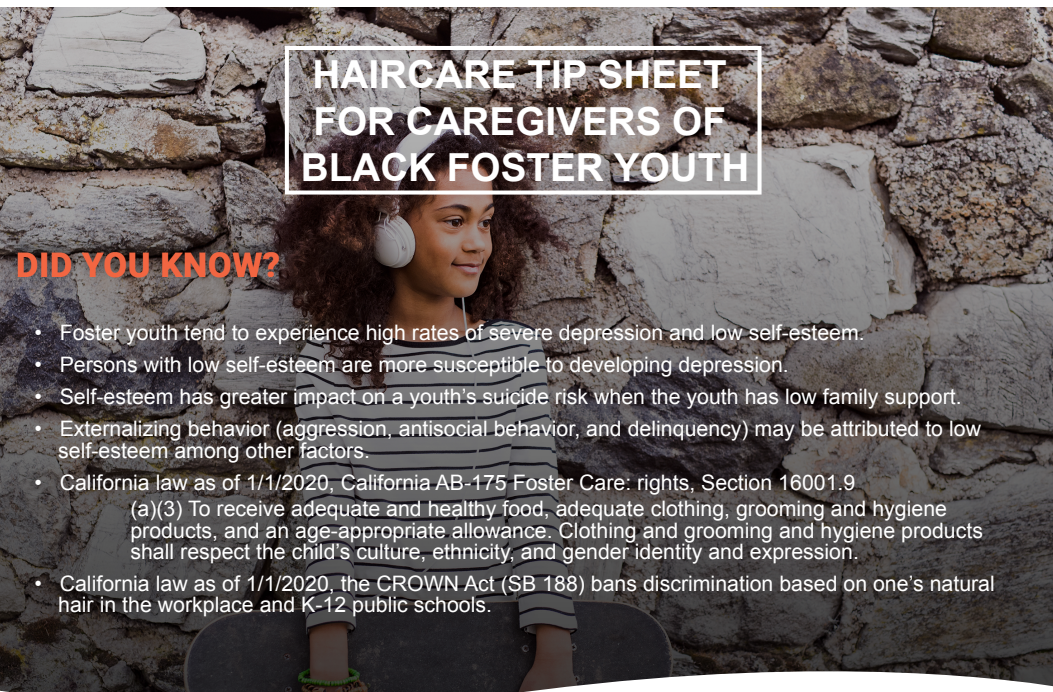
## CATTA

Child Abuse Training and Technical Assistance Center  
working with communities to prevent child abuse

[www.cirinc.org/catta](http://www.cirinc.org/catta)

**Developed by Tanisha C. Fulcher, Psy.D**

*Produced by the CATTA Center, a project of the Center for Innovation and Resources, Inc. with funding provided by the California Governor's Office of Emergency Services (CalOES), Victim Services Branch, made possible through the United States Department of Justice, Victims of Crime Act.*



## HAIRCARE TIP SHEET FOR CAREGIVERS OF BLACK FOSTER YOUTH

### DID YOU KNOW?

- Foster youth tend to experience high rates of severe depression and low self-esteem.
- Persons with low self-esteem are more susceptible to developing depression.
- Self-esteem has greater impact on a youth's suicide risk when the youth has low family support.
- Externalizing behavior (aggression, antisocial behavior, and delinquency) may be attributed to low self-esteem among other factors.
- California law as of 1/1/2020, California AB-175 Foster Care: rights, Section 16001.9 (a)(3) To receive adequate and healthy food, adequate clothing, grooming and hygiene products, and an age-appropriate allowance. Clothing and grooming and hygiene products shall respect the child's culture, ethnicity, and gender identity and expression.
- California law as of 1/1/2020, the CROWN Act (SB 188) bans discrimination based on one's natural hair in the workplace and K-12 public schools.

### BASIC SKIN CARE TIPS

- 1 Shower or bathe every 2-3 days with soft washcloth. If older and very active, wash more often with focus on key areas.
- 2 Apply moisturizer to damp skin within a few minutes after shower or bath.
- 3 Apply moisturizer to damp skin with special attention to knees, elbows, hands, face, and neck. Apply moisturizer daily or more often, as needed.
- 4 Use a sunscreen with SPF 15-30.

### SKIN CARE PRODUCTS

- Eucerin or Aquaphor
- Aveeno
- Cetaphil
- Curel
- Lubriderm
- Jergen's Ash Relief Moisturizer



## WHEN HAVING CONVERSATIONS WITH BIO PARENTS/RELATIVES:

1. Inquire about the minor's skin care routine. Ask who did it, how often, and what products were used.
2. Inquire about who did the minor's hair, how often, and what was done (i.e. washing, combing, styling, products used).
3. Inquire about any dos and don'ts for the minor's hair.
4. Inquire if there is anything else that the bio parent or relative would like to discuss in regards to the minor's hair.
5. Encourage or at least inform the bio parent or relative that they are allowed to do the minor's hair during the visits, if they desire.
6. **Please note:** Some bio parents and relatives may be triggered by the initiation of this topic. If so, reassure them that it is important to you that the minor's hair is appropriately cared for while the minor is in your home, and you are open to hearing any tips the bio parent or relative may have in the future.

## WHEN HAVING CONVERSATIONS WITH BLACK CHILDREN & YOUTH:

1. Inquire about the minor's skin care routine. Ask who did it, how often, and what products were used.
2. Inquire about who did the minor's hair, how often, and what was done (i.e. washing, combing, styling, products used).
3. Inquire if they like the way they wear their hair and why or why not.
4. Inquire if there is anything else they would like to discuss in regards to their hair.
5. When speaking with Black youth, inquire if they want to do their own hair or not, and if they have the products they need for their hair.
6. **Remember,** some are afraid, hesitant, or feel ashamed to speak up about any issues with their hair and fail to advocate for themselves if their hair is not being properly cared for or if they are being teased or mistreated due to the condition of their hair.

## Haircare is an important part of hygiene!

Black foster youth have the right to receive grooming and hygiene products that respect their culture and ethnicity. It's the law!

### HAIR CARE ITEMS

#### Tools

- Wide-tooth comb
- Brush with medium-strength bristles
- Spray bottle
- Silk hair bonnet
- Silk or mesh hair wrap
- Silk pillow case

#### Products

- Cantu
- Shea Moisture
- Luster's Pink
- Eco Styling Gel
- Carol's Daughter
- Natural oils & products
- Moisturizing shampoo, conditioner, & detangler
- Sulfate-free

## PRACTICE TIPS

Trauma-Informed Language Reframe

Instead of saying...

**Good hair**  
**Nappy**  
**Coarse**  
**High maintenance**  
**Too much work**

Say...

**Beautiful hair**  
**Coily or tangled**  
**Strong**  
**Needs special care**

## BASIC HAIR CARE TIPS

Hair should be washed once every 1-2 weeks; average is once every two weeks.

Hair oil should be applied to the hair and scalp at minimum once per week or more often depending on the hair type.

Hair should be washed using a moisturizing shampoo and conditioner. Shampoo and conditioner should be thoroughly rinsed out of the hair.

Hair should be combed out at minimum once per week or more often unless hair is in a protective style such as braids.

## TAKE ACTION

- Discuss this topic with any Black children and youth placed in your home as well as their bio parents/relatives.
- Discuss this topic with the social worker(s) of any Black children and youth placed in your home.
- Encourage or at least inform bio parents and relatives that they are allowed to do their children's hair during visits if they so desire.
- Discuss this topic with other resource parents, especially at your local foster parent support group.