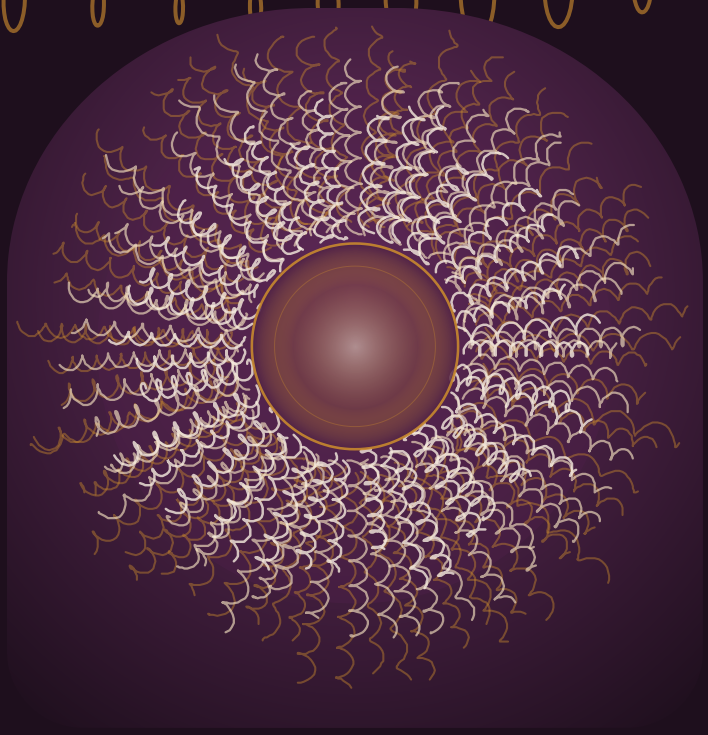
Your everyday quick guide

A little routine. A lot of care.

For the bathroom mirror, the gym bag and both homes. Print this page. The full guide has the details.



Morning

- [ ] Ask: does the scalp feel OK? Anything pulling or tangled?
- [ ] Leave a comfortable style alone. Refresh only what needs it.
- [ ] Keep it simple. Perfect edges are optional.

Night

- [ ] Loosen anything that pulls. Take out small or loose accessories.
- [ ] Give wet roots and thick sections time and air to dry.
- [ ] Sleep accessories: comfortable and right for their age. Babies: nothing loose in the crib.

Make room for Thairapy.

Two simple choices. A pause signal, and your hands stop when they use it. Wiggle breaks. End with a hug, even if the style ended up simpler than planned.

Wash day

- [ ] Set up the small kit and agree on “pause.”
- [ ] Badly tangled? Wet it, add slip, loosen the big knots first.
- [ ] Shampoo in loose sections, open enough to rinse well.
- [ ] Deep condition as labeled. Detangle while it’s in: hold above the knot, ends up.
- [ ] Leave-in, style while wet, hands off while it dries.
- [ ] Plan the drying, check comfort, celebrate together.

Before & after activity

- [ ] Before: a comfortable, secure style and the right accessory for the sport.
- [ ] Light sweat: blot, take off damp bands, dry the roots, check.
- [ ] Heavy sweat: rinse and condition, or wash, depending on the scalp.
- [ ] After swimming: fresh-water rinse right away, then clarify or swimmer’s shampoo and deep condition. Dry fully before bed. Never rubbing alcohol.
- [ ] Never cover discomfort with perfume, oil or a tighter style.

Stop and check

Painful pulling: loosen it or take it down. An itch, sores, a bald patch or thinning that sticks around: see the pediatrician. When they say pause, your hands stop.

Sources AAD · Hairstyles that pull can lead to hair loss



Keep the routine close.

This guide lives online too, with every path, the full kit and the sources behind each step. Scan to open it on your phone.

thedadsystem.org/haircare/quick-guide.html

The Dad System · Small systems. Deeper connection. General education, not medical advice; this guide has not been medically reviewed. Artwork is original and generated in code.