



STYLES4KIDZ™
HAIR CARE WITH HEART

DAILY ROUTINE

Wavy, curly, coily, and afro-textured hair needs moisture every day.

Step 1

Mist hair with water from a spray bottle

Step 2

Apply a water-based moisturizer

Step 3

Apply natural oil to hair to seal in moisture
(olive, jojoba, argan)

Step 4

Choose protective styles for healthy hair growth

Step 5

Wear a satin cap or use a satin pillowcase while sleeping

TIPS

- Do NOT shampoo textured hair daily
- ONLY comb and brush textured hair when it is wet. Comb and brush the hair daily when it is not in a protective style.
- Deep condition every 4–6 weeks.

Learn more! [styles4kidz.org](https://www.styles4kidz.org)



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WASH DAY ROUTINE

Follow these steps to make every wash day easier.

	Wavy or Curly	Coily or Afro-textured
Wash	Weekly	Bi-Weekly
Shampoo and rinse 2–3 times to remove dirt and lint from the hair before conditioning and rinsing hair.		
Moisturize	Light Leave-in Spray	Cream-Based Product
Use a water-based moisturizer daily when hair is not in a protective style; otherwise use every 2–3 days.		
Apply Hair Oil	Dime Size or Less	Quarter Size or More
Seal in moisture with shea butter or natural oil, like olive, argan or jojoba		
Detangle	Use a wide-toothed comb to detangle hair while it is wet. Start at the ends, and move up towards the scalp in sections.	

Subscribe to the S4K Training Portal to see videos on basic hair care and styling. For \$7.99 a month, get 24/7 access to high-quality education.

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