

Head lice

Information and activity booklet

FIRSTLY.....



You almost certainly aren't alone in dealing
with an infection of head lice!

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Information -

Your child will not realise anything 'horrible' is happening on their scalp!
They may even think it's normal if friends are having the same symptoms!

Professional Views on treatment change... but it is a good idea to start a routine of regularly checking your child's hair. Once a week should be enough to determine if they have caught head lice.

Follow the 3 step wet combing method, this can be done in or out of the bath ... try and make it an enjoyable time, share what's happened to you both during the day.

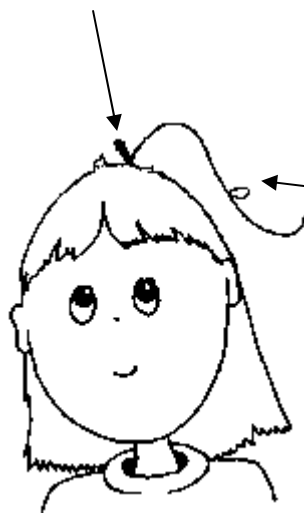
Should you find any unwelcome visitors on your child's head, it would be a positive gesture to inform your child's pre school setting (and any other place they attend) they will also probably have up to date information regarding available treatments (as this can vary in areas) and the prevention of re-infestation.

Check everyone else's hair too.

If you have found a live louse on your child's head see your local Doctor as they will be able to advise you on the best course of treatment.

The Health Visitor (or equivalently qualified person) is also a great source of information.

Dark brown/black coloured egg case close to the scalp is live
(louse is about to hatch)



white/cream coloured nit that is attached to the hair further down is a dead
(louse has already hatched)



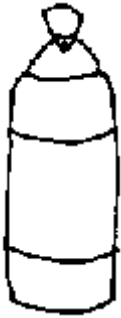
A head louse is very small (adult is smaller than a grain of rice).

The newly hatched lice (nymph) are tiny!

And so are not easy to find. You will need to buy a special nit comb

(the teeth on this comb are closer together so that they trap lice in between) they are widely available in good pharmacies.

3 Step wet combing method



1
Wet the hair
Shampoo
rinse

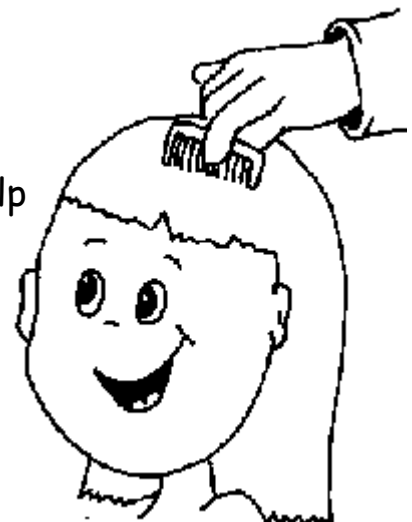
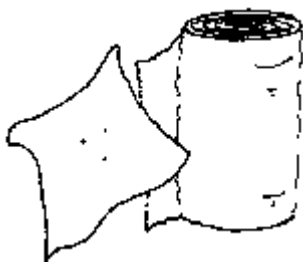


2
use a conditioner
massage gently all over
rinse



3

slowly comb (with special nit comb, available
at any good pharmacy) through hair close to scalp
check comb frequently
wipe comb off onto a piece tissue



Activities you and your child can do at home

Talk to your child about the head lice so that they are aware of what to feel should there be another infection. Explain that you need to know when their head itches or feels funny!

(itching is not always present as a symptom)

Practising brushing/combing hair technique...

Have they a doll or teddy that could be used for combing or brushing.

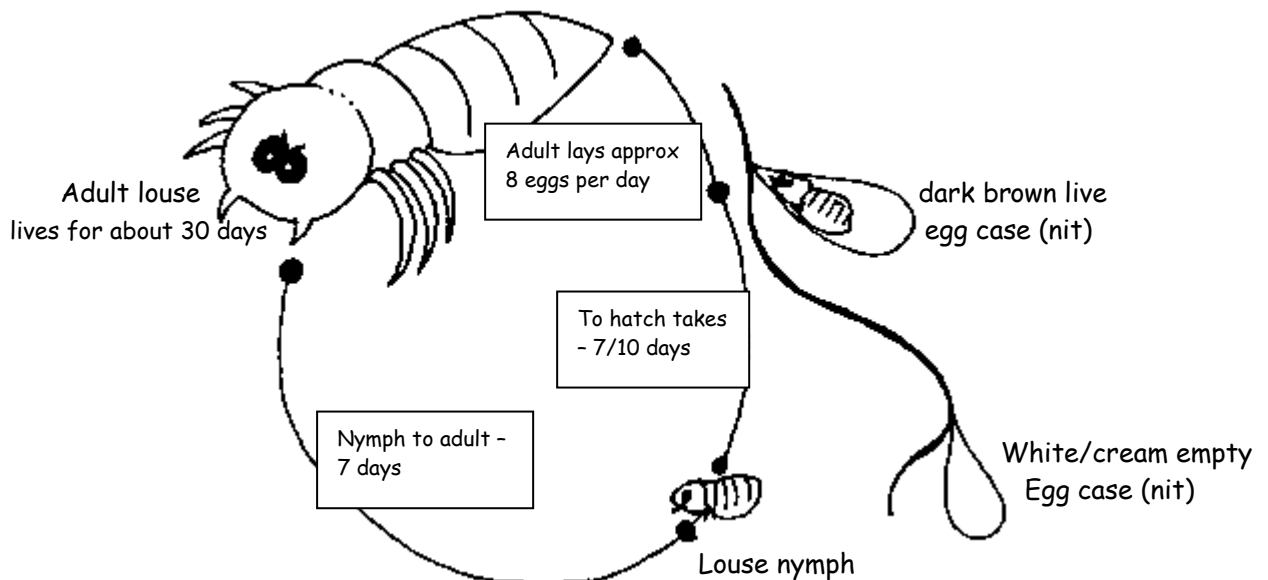
Maybe your child could invent a new party style for you!

(do have another adult around to help in an emergency if child is to comb your hair... it's hard to get a tangled brush out of your own hair!!!)

Do you have a pet in need of a bath! Let your child help comb/brush out the fur.

Try out different shampoos and conditioners to see which smell your child likes the most!

Basic head louse life cycle



PLEASE REMEMBER....

- It is not your child's fault they have caught the head lice....
(this infection is the 2nd most common in childhood!)
- Never treat with chemicals 'just in case' your child has head lice.
- Always read treatment advice and follow instructions carefully.
- Do make sure there is good communication links between home and all the settings your child attends, as an outbreak of head lice can become quickly widespread.

Colouring



Colouring

