



Tips to Aid In The Prevention of Lice

Ok, don't panic. No, I don't know of any full proof ways of preventing lice. I am encouraging all of us to be extra vigilant. If you have any questions on what to look for, please don't hesitate to contact me. A few precautions you can take are:

1. Place all coats, hats, gloves and backpacks in the dryer on high heat for at least 30 minutes a day every time they come home from school.
2. Girls should wear their hair up in buns. I know that the long hair look is "in" right now, but they can practice that at home.
3. To the mothers of boys, the buzz cut is in. I know they love to grow their hair out more, but trust me, it's harder to get it out of a boy's head than it is a girl's.
4. Keep an eye out for them scratching. I know that dry scalp does seem prevalent during winter, but that can be mistaken for lice. Don't disregard this complaint from your child. Please take some time to look.
5. Perform Weekly Head Checks. When the note comes home from school and states there is lice, please perform a check right away. If your child is clear, then apply Lice Repellent every day for 2 weeks until there are no more letters sent.
6. Place all brushes, hair ponies, etc. in the dishwasher at least once a week. Don't share the hairbrushes. Each person in the house should each have their own.
7. If you go to the hairdresser's, bring your own bag of brushes. You cannot guarantee that the person in the chair before you didn't have lice. If your hairdresser pulls a comb out of the Barbasol and places it on the counter for even a second, have them get you a fresh one.
8. If you go to the movies, you can put your coat over the back of the chair, or bring your own garbage bag. You can ask at the desk for one as well, but sometimes the employees get a little resistant to such requests.
9. If your child goes to a birthday party, you are encouraged to take their coat with you and bring it back when the party is done.
10. Again, if you have any questions, you can call me.