

- Black hair is extremely fragile. A gentle touch is required to avoid unnecessary breakage and hair loss. Therefore, always use a wide tooth comb or pick when combing the hair. Avoid fine tooth combs as they snag and pull out curly/kinky hair. Invest in a quality brush; natural boar brushes are the best.
- Curly/kinky hair needs moisture, moisture, and more moisture! Consider this when purchasing hair care products. Avoid drying products such as hair spray, mousse, holding gels, etc. Opt for moisturizers, leave in conditioners, and styling lotions.
- All products are not created equal. Just because a product claims to be created for "curly hair" doesn't guarantee that it will be suitable for ethnic curly hair. Products created for Nicole Kidman's curly hair may not work for Angela Bassett's.

Caucasian hair tends to produce more sebum (oily secretion created by the sebaceous gland) than Black textured hair; therefore, Black hair requires more oil. Read, no, scrutinize the ingredient list. Look for natural oils and quality ingredients. Remember, the ingredients are listed in order of volume.

- Wide tooth comb or pick, the wider the better. Learn about choosing the [right comb in this quick tip](#).
- Natural bristle brush. Read more on [bristle brushes before making a selection](#).
- Hydrating shampoo.
- Moisturizing Conditioner.
- A daily moisturizer; this will add needed moisture, and ease comb-ability.
- Natural oils to apply to the hair (I recommend pomegranate seed oil.
- Cream hair dressing for light control of frizzes.
- Elastics for securing ponytails.

Over Shampooing

Black hair should not be shampooed every day, or every other day for that matter. Instead, shampoo your child's hair every 5-7 days. I know this may confuse those who shampoo daily; however, you must remember that Black hair needs oil, and because it distributes less sebum, frequent shampooing can dry out the hair and scalp.

Tip for getting through "shampoo-less" days:

Rinse hair with warm water, apply conditioner, and rinse well. This will give you a clean start and provide added conditioning and moisture without stripping away protective oils.

Under Conditioning

Proper conditioning is one of the most important steps for healthy hair. Unfortunately, most do not take the time to adequately do so. I recommend giving your daughter a deep conditioning (with heat) once a month, especially during the winter season.

Using the Wrong Products

We've discussed the need for natural oils for Black hair. However, you must know that not all oil is good oil. One misconception that plagues African Americans concerning hair care is the use of grease. Grease (thick pomade-like product that usually contains mineral oil and/or petrolatum) is commonly used to moisturize dry hair and scalp. Do not use products that contain mineral oil or petrolatum. Both of these cheap oils clog pores, rob the hair's moisture and can retard hair growth. Natural oils are the best bet. Jojoba and coconut oil are great conditioning oils. Shea butter is an excellent moisturizer. Pomegranate seed oil is my personal favorite. This exotic oil has excellent moisturizing and nourishing properties and is rich in lipids and essential nutrients.

These impart brilliant sheen. It is also an excellent remedy for scalp issues such as dandruff and psoriasis, and has natural sunscreen properties.