

Baby Big Hair presents...

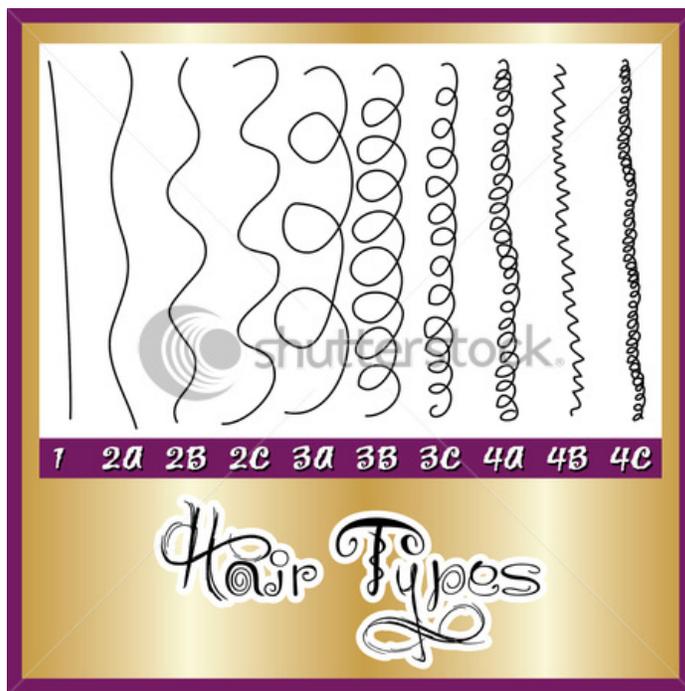
Ask A BIG HAIR Question

featuring: Journey to My Roots

Hair Types

How do I grade my daughters texture of hair... 3 4 a b is there a chart or something Imbo? Im screaming HELP!!!!

Please Check out this chart...this should help you figure it out! :)



Is it possible for someone to have 3 different hair types/curl patterns? YES, YES and YES! LOL! I am a 3A in my crown and a 4a everywhere else. So many naturals make the mistake of thinking their hair is damaged in the parts that are less curly than the others. And while in some instances that may be true OFTEN it's a matter of having different hair types. So dont' make the mistake of continuously cutting the type 3 hair! It's gonna keep coming back the same way. LOL!

Hair Styling

What is the best way to maintain a twist-out on day 2 through 5?

Two things...1. Frizz comes from separating your strands so the best thing you can do to maintain your twist-out/braid-out styles is to bulk the hair back together at night time (versus simply covering your hair and sleeping on the undone style). You can bulk the hair into a pineapple OR you can bulk it into several chunky twists. While laziness

prevents me from doing it all the time, it's also a good idea to try to reapply some sort of styling milk/cream/etc to the chunky twists. Check it out...<http://youtu.be/giEjUFPqP0A>. You can also do it this way....<http://youtu.be/lwYGmlFqMog>

I am so style challenged, my hands are all thumbs and her hair seems to short to braid. I often put in two puffs in the front. Is there any advice you can give me about styling her hair?

LOL! I hear ya on this one. Truth be told, I'm not great at styling either. I'm famous for what I call "illusion styles"...things that are super simple while giving the "illusion" of having taken a lot of effort. There are a couple of ways you can step up your style game. 1. Practice, practice, practice. I have lots of practice with frenchbraids, ponytails, etc from my days as a cheerleader. But you can improve by practicing under less than stressful circumstances. Try practicing on a doll or even a wig. And practice on the days when you DON'T have plans to go out. This way, if you hate the outcome, you don't have the pressure of figuring out what to do. 2. If you simply can't get the braiding thing down....fake it til you make it. Try placing hair in a hair band and then connecting the bands so that they give a similar look. 3. Find some good online resources. [Baby Big Hair](#), [Beads, Braids & Beyond](#), [Chocolate Hair / Vanilla Care](#) [Untrained Hair Mom](#) all have great tutorials. And check out YouTube. Simply do a search using terms like "easy natural styles for kids" "kids styles" etc. Trust me, you will find that there are LOTS of people who have the same frustration:) <http://youtu.be/9sDK833U9nk>; <http://youtu.be/G6VEZuUTWHM>; http://youtu.be/jWNd_3YVITg. There are more on my YouTube channel but each of these three styles is super super simple!!!! Try 'em! And here is the link to the tutorial on banding...<http://beadsbraidsbeyond.blogspot.com/2011/04/banding-faq.html>

For a toddler, is it best to do protective styles for growth (ex. twists)? or leave it alone and do basic maintenance (ex. afros)? Now I have a son but I know kids and unless yours is different, kids can be rough on hair...they sweat the styles out while they play, they are rolling all over the place...messing up the braids you spent hours on...lol! And don't get me started on the goo those little fingers manage to spread in the hair. For that reason, I think protective styles may be a better option. Also, because protective styles allow the ends/roots to be hidden away from the sun, air, etc....they help to maintain moisture better than styles where the hair is exposed (ie afros, pony-puffs, etc). Hope this helps!

I tried numerous times to do a braid/twist out on my daughters 4a/b hair and fail each time. Her hair is thick on the top but kinda straight and stingy around the back and edges and it comes out looking like a mushroom and dry. I've done it on her while her hair was damp and tired it on dry hair. What can I use so that her ends wont look so stingy and dry? Sounds like she has a looser curl pattern/hair type around the back and edges than she does on top. Perhaps try bulking up the braids in those areas with a bit of fake hair? It's kinda hard to get fake hair to two-strand twist but braiding is a different thing. Try it out. Just try to get the best quality hair that you can find/afford. Synthetic hair (especially the cheap stuff) can be prone to breaking the hair. If you're completely against bulking up with a bit of fake hair, try adding a curler/flexirod to the ends of the twists/braids that are a bit more stingy. That will help them to be a bit fuller and to last a bit longer.

My child's hair is 3 in the front and 4a from the crown back. What are some protective style suggestions as braids and twists slip out after one day. Thanks in advance. Ahhhh. My kinda gal. I'm also a 3a in my crown (VERY loose S shaped waves to almost straight) and a curly 4a everywhere else. There are tons of protective style

options. I'll share a few links below but definitely do a YouTube search as well. You'd be surprised how creative folks can get. As we speak, [Hydratherma Naturals](http://www.hydrathermanaturals.com) is doing a 20 week protective style challenge...and she has some great style tutorials! Hope this helps!
<http://youtu.be/JMUgkccpt8w>, <http://youtu.be/7VYCuOx3f-Q>

Hair Trimming

Is it better to snip the dry ends off after I take a style like box braids or twists out or should I straighten her hair to trim the ends? Her hair is already many different lengths, so I'm not worried about it actually being even, the curls and shrinkage take care of that!

While a lot of people like to straighten the hair in order to trim their ends, it really isn't necessary. A good stylist, one who knows how to cut/trim curly hair can do it either way. When you're doing it yourself, I think it depends on what you are looking for. If you are looking to cut the hair into a style; one where the overall length needs to be even/shaped across the entire head....straightening can certainly make that process easier. But no, if you are simply looking to trim off the scraggly ends, you can simply trim the hair in its curly state. I recommend parting the hair into sections and then doing two-strand twists or braids. Simply nip the scraggly end off the twist/braid and voila...your'e all set! Hope this helps!!!!

Check out my tutorial/demonstration....<http://youtu.be/2mfZP9d6zdA>

How do I know when my daughters hair needs a trim?! Since going natural, I find that my hair needs trimming A lot LESS frequently than when I was relaxed. For me, 1-2 x/year is sufficient. If your sweetie pie is natural, it's probably the same thing. Let her hair tell you when it needs trimming. If you find that her ends are scraggly looking or flayed, unsealed when braided/twisted....that's a good sign. Hope this helps!

<http://youtu.be/2mfZP9d6zdA>

Hair Moisture/Dryness

What product(s) do you suggest for extremely dry scalp (hair)?

A couple of things. While many of us look to oils for moisturize, fact is, your hair is only moisturized by water. So start by ensuring you are cowashing/nopooing AT LEAST once per week if not more. Now once you have the water in, there are many options for oil. Like you, I have VERY thirsty/greedy hair. LOL! I am a HUGE HUGE HUGE fan of castor oil...especially Jamaican Black Castor Oil. It's very rich and it's also great for thinning hair! Because it's heavy, I prefer it for my roots while I prefer grapeseed oil for my hair's shaft. Some other great products (besides my Quench moisturizer [sorry..shameless plug!]) are those made by Shea Moisture. I like the styling milk and the deep treatment masque. I add a bit of my oils to both of them and they go even further. Check 'em out! <http://youtu.be/XVhOY0PzOLI>

My child has really bad shrinkage and water is not an option for moisture....do you have a product that you recommend that doesn't cause shrinkage?

Thanks Tracey! I have a couple of thoughts. 1. Water is absolutely key to moisture. Water is the only thing that moisturizes hair. Everything else feeds, protects and seals. So you're right to double check your products. Also, I find that longer hair requires a heavier product to give it stretch. When my hair was shorter, I could use a simple gel like Aussie, Tresemme or EcoStyler. Now, I find that while those products are great, on the occasions that I want a super stretched curl, products that include mineral oil or petroleum work best. I know a lot of naturals HATE them but I don't have a problem using a mineral oil/petroleum/petrolatum product ON OCCASION. Some of my fave

products for stretch are the Miss Jessie's products (Quick Curls or the Curly Pudding). I also am in LOVE with a product from the Dollar Tree (yep, THAT Dollar Tree). It's called Lusti Organics Hair Mayo. It gives my hair great stretch and it's very moisturizing too. It's great as is but even better if you add a bit of your fave oil to it (my faves are Jamaican black castor oil and grapeseed oil). Lastly, depending on the style you're trying to achieve, you may want to do braids instead of twists. Twists give hair fullness while braids give hair better stretch. Hope this helps!!!! Moisturizing with Water and with Oil... <http://youtu.be/XVhOY0PzOLl>

What the best leave-in for extremely dry hair?

Actually...I don't buy leave-in conditioners. Rather, I take some of my fave conditioner, add some to my hair and well...leave it in. Because I cowash/nopoo 1+ times per week, I don't get build-up. That said, I have been working my way thru a bottle of [Kinky Curly Knot Today](#) leave-In conditioner over the last year. It smells delightful, it's easy to find (Target), fairly inexpensive (\$10) and it works WONDERFULLY!!! Oh yeah...another thing I like to do is make my own hair milk when styling by taking some conditioner, adding a bit of my fave oil and voila, a conditioning styling milk!

What is/are the better products for daily conditioning and styling for dry hair???

I'd have to answer this question in two parts.

- First, let me say that before you go on a product search, you want to brush up on the various ingredients used in hair products. I say this because 1. you can avoid trying things unnecessarily if you can take a look at their ingredient list and know if they are good/bad and 2. Because everyone's hair is different...even if we have the same issue (dryness) and hair type (1-4/a-c)...our hair may react to a product COMPLETELY differently. What may work beautifully on one head may be dreadful on another...even if the heads "look" exactly alike. So definitely brush up on The ABC's of Hair Speak @ <http://youtu.be/Qh4IWGJvnFc>
- All that said...here is my moisture routine: More than anything else, the key to longer, stronger more healthy hair is moisture, moisture, moisture. While there are several approaches to getting moisture (ie cowashing/nopooing at least once per week, applying oils, etc), the following is my approach to applying moisture to my very thirsty tresses...
 - The primary way I moisturize my hair is to "grease my scalp" with my home-made moisturizer called Quench. A detangling moisturizer, this whipped cream is a combination of all the things your hair wants and needs including shea butter, essential oils (castor and grapeseed oil), aloe vera gel, vegetable glycerin, cholesterol, minoxidil, honey, Vitamin E and of course...water! If you're interested, you can purchase Quench on my website <http://journeytomyroots.webs.com>
 - In addition to "quenching" my curls, I run essential oil over my hair every day when I jump out of the shower (the water and the steam make your hair pores open up and better absorb the large molecules of oil). While grapeseed mixed with peppermint oil is my fave for this, any essential oil

will do. Jamaican black castor oil and rosemary oil are especially good for thinning hair. This is also a great time to use up the rest of those processed oils you may have from your relaxed days, ie. Kemi-Oyl, African Pride, Magic 10, etc.

- As a back up, I always keep a 2 oz spray bottle on hand. In it I've mixed water, vegetable glycerin, essential oil (any of them will do), and a bit of conditioner. Viola!, you can refresh your curls anywhere!

Some other moisturizers I've tried and liked include:

- Shea Moisture's Deep Treatment Masque or Styling Milk (available at Target, Walgreens and online)
- Lusti Organics Olive Oil Hairdress or Hair Mayo (available at The Dollar Tree...yep, THAT Dollar Tree)

While all of these products are great, I think they're even better if you just add a little bit of essential oil to them. It gives them a little extra umphhhh!

I just starting using Kinky Curly come clean on my 2yr old daughter! I was using Johnson & Johnson aloe shampoo... She has eczema & the lanolin wasn't good for her scalp! My question is do you think it's too harsh for her hair & should I use the leave in conditioner by kinky curly for her hair also? I use 100% coconut oil in her hair should I be using something else as a moisturizer too? I'm not good w/ this hair thing... I go to the shop & yes I'm natural! Please help & thank you! I can't speak to the [Kinky Curly](#) Come Clean...Check their ingredient list. I think they use all natural ingredients. If that is indeed the case, you should be good. If not, or if you want to try something else, try Shea Moisture. They have an African Black Soap line that may be right up your alley given the eczema!!!! As for moisturizers, coconut is a great oil to seal water in hair. My fave oils are Jamaican Black Castor Oil and grapeseed oil. Again, given her eczema, the thick, rich oil of JBCO may be right up your alley. I get mine from Oils from Jamaica. They have a FB page. Check 'em out. (And I think you get a small discount if you tell them I sent you/enter promo code J2MR)

Transitioning

I'm going natural. As of now my hair is about half a ruler long, with 1/2 an inch being natural. It's in braids. Will I still be able to wear regular hairstyles (pony tails, etc) while 1/2 relaxed, 1/2 natural? Yes and no. A lot of natural styles can be mimicked on relaxed hair but the technique and products to get there may be different. Example: Twist outs. Because the ends will unravel, relaxed hair doesn't two strand twist quite the same. Rather, you can get the look by braiding the hair. Same thing in that it's best done on wet hair while natural hair twistouts come out better on dry hair (at least for me!). I think a lot of people try to transition but become frustrated because a lot of the advice you'll get on natural hair sites won't work the same on your relaxed hair. And as we all know...it can take a minute to get to the point where you are ok doing the big chop.

Can I have some motivational words on my way back to natural? :-) I'll do you one better....I'll show you a motivational video! <http://youtu.be/FedDSYnJ0oo>

Products in General

Are there any products I have to stay away from, if I have natural hair?

- Sulfates- These detergents are used in hair cleansers. In excess, they strip your hair making it dry, limp and more easily broken.
- Mineral Oil- A cheap humectant, mineral oil and it's cousins (petroleum, petrolatum, paraffin)sits on the hair and strangles off air, moisture or any nutrients you apply.
- Silicones- aka cones, silicones can weigh the hair down when used in excess
- Parabens- the jury is still out as to whether or not these are carcinogenic but they can definitely be irritating to those with sensitive skin/scalps

You can learn all about these and TONS more in my tutorial The ABC's of Hair Speak. It is a bit long but watch it in sections. You'll be glad you did. You'll get an overview of these and 30+ hair terms/topics. See it here>>> <http://youtu.be/Qh4IWGJvnFc>

I am moving my baby girl from "baby shampoo" (Aveeno Baby Wash) to something that will provide her a good bit of moisture. Any product recommendations? So far I have tried the Curls line from Target!

For an 8 month old..these products may not be the best option. I'd suggest trying SheaMoisture. They have a new line specifically for babies. Try them out. They have all natural products and their products are inexpensive, easy to find and they work great!!!! I'd need to find a seller but there are also lots of great all natural glycerin bar soaps that you could probably use too!

Shedding/Breakage

Is it normal for people with mid back length, to shed more than someone with ear length? No...shedding is not a function of length. It's normal to shed about 50-100 hairs a day. Now breakage on the other hand...that is never "normal" or good. You can tell shedded hair from broken hair because shedded hair comes out directly from the root. It will have a clear "bulb" at the root end. Broken hair breaks off along the shaft and it's a sign of damage...from bad products, improper handling or other health issues. All this said, it may simply LOOK like more hair has been shed when the hair is longer. Don't let the length mislead you. Truly count based on strands. Here are some good reads on shedding vs. breakage...

http://www.associatedcontent.com/article/286359/hair_care_shedding_or_breakage_understanding.html?cat=69

<http://www.naturalhaircommunity.com/the-truth-about-hair-shedding>

Hair Extensions

My daughter is almost 3 do you think she is to young to add hair when it gets braided... would adding hair possibly help keep her braids in longer and keep them looking nice.

No. I don't think using fake hair would be a problem at all. I think the issue most people have with using fake hair on children comes when the style is "too grown". But if you're using it to simply bulk up her hair for styling...and to stretch styles...I say go for it. It will definitely help! That said, here's my one caveat...use the best quality fake hair you can get/afford...especially if it's a style she's going to be keeping any length of time. Some of the synthetic hair (especially the super cheap kind) is prone to break the natural hair. So be cautious. Check it out. I do a fake hair bun from time to time. <http://youtu.be/fCJ-oJ1WsGQ>