

WHAT IS COACHING CURLS?



Coaching Curls is a program created by 17 year old Kamryn Owens to achieve her Girl Scout Gold Award. Partnering with SC4Kids and Foster Community, she created a workshop to help parents unfamiliar with curls do their kids' natural hair.

This program is cohosted and sponsored by:

FOSTER
Community
CENTRAL TEXAS

SC4KIDS



WORKSHOP INFORMATION

At our workshops, you are provided in-depth information about the ins and outs of natural hair. From expert recommended products to styling do's and don't's, you'll leave with a new understanding of curls. Not only will you be educated about what to do with natural hair, but you will also get to practice doing a hairstyle on your child with help from the pros!

Want more information on workshops coming soon?

Visit us at:

WEBSITE: www.sc4kids.salon

EMAIL: sc4kidsinc@gmail.com



CURLS:

101

TIPS AND TRICKS FOR MASTERING YOUR CURLS

OUR HAIRSTORY

1600's

White people began to dehumanize slaves during the slave trade and terms such as "nappy" were created, referring to their hair looking like "naps", the small cotton balls in cotton plants.

1800's

First slaves arrived at Jamestown and black culture began to dissappear

1700's

Slave purchases occur and blacks with more european features are sold for more. This caused blacks to internalize that blacks with kinky hair and dark skin were less attractive

1900's

Madam CJ Walker created a line of hair products for black hair making her into one of America's first self made female millionaires

1920's

African-American people are encouraged to embrace their natural hair and reclaim their African culture.

1960's

African styles became prevalent in pop culture like in 1963 when Actress Cicely Tyson wore cornrows on a television and makes a statement "East Side/West Side."

1970's

The black power movement brings the iconic afro to life

1990's

Chemical relaxers were more prominently used to straighten hair

2010's -

Natural curls, straight hair and weaves have become increasingly popular and accepted

*Info from Blackthen.com

HOW TO PERFECT YOUR HAIRSTYLE

1. SECTION HAIR: Always section hair before detangling, moisturizing, and styling. This makes it easier to handle and cuts down on knots and tangles.

2. GENTLY DETANGLE: Use a denman, wide-tooth comb, or your fingers to gently detangle and remove knots. This will help the style be more defined and smooth.

3. LIGHTLY MOISTURIZE: Lightly moisturize hair with water, aloe vera juice, or a leave-in-conditioner, and seal with oil or a butter. Hair should be just barely damp and not saturated so the style has time to fully dry.

4. PRODUCTS FOR HOLD: For added hold and definiton, after moisturizing and sealing, use mousses, foams, custards and gelée. The holding products will help keep the style a second or third day.

5. STYLE: Whether vbraid out, twist out, bantu knot out, or roller set, go slow and be consistent to prevent breakage. Shorter hair will require more sections while longer hair will require less.

6. FINISHERS: While your hair is in its protective style, add finisher products. For example: lightly oil the hair 2-3 times a week. Use a spray leave-in to moisturize curls during your 2-3 week protective style.

7. LET IT DRY: Let hair fully dry before undoing any braids, twists, bantu knots or curlers. If hair is even slightly damp, it will shrink and puff up, which will not only ruin the style, but can potentially cause knots and tangles.

8. SEPARATE AND DONE: After hair is fully dry and hair is undone, gently separate hair to hide sections and for fullness. And you're done!

SPRAY BOTTLE

WIDE TOOTH COMB

SHAMPOO BRUSH

GRIP CLIPS

RAT TAIL/
SECTIONING COMB

DENMAN STYLE
BRUSH

NATURAL HAIR
SURVIVAL TOOLS