

# LICE – RAISE AWARENESS, KNOW THE FACTS

This post is to all my parents out there dealing with the looming school notes about headlice...its an immediate groan - I deal with this as well. I have had many conversations with people in my shop about headlice - what they do for prevention, curing and general sanity when it happens. We are all dealing with it and can speak openly about what works and what doesn't. I am no expert on the matter, so I decided to draft up a lil something with some tips and ideas that people have told me and that I have read about. Feel free to add/comment if you have a miracle method.

First - I know its a pain in the butt to deal with lice, but its not something that should still have such stigma attached to it. Its common, its natural, and it can happen to anyone. There are some methods to help deter lice, however like anything else, its a deterrent and not a superhero shield against it. I have searched a bunch of sites for advice and tips, they all say pretty much the same things.

Some highly suggested options;

- tea tree oils (be careful not to overuse, its very drying and can irritate the skin and scalp),
- not sharing items such as brushes, coats, scarves, hats, headbands/hair clips/elastics, pillows, etc.
- coconut oil - use after washing and conditioning the hair, massage in a dime size amount and dry or airdry
- keep long hair up - ponytails, braids, buns
- blowdry hair as the heat will help dry out/kill nits and lice
- regular checks of your child's hair so it can be caught early

Factual Tidbits;

- Lice do not burrow, fly, or jump.
- Lice prefer straight, fine hair over coarse, curly hair.
- Lice cannot survive, off-head, more than 24 hours.
- Lice cannot survive extreme heat or cold temperatures.
- Lice can hold their teeny little breath for up to 8 hours.
- Lice have short legs with claws at the end that allow them to expertly hang on to the hair shaft - even in wind, the pool, and during hair washing.

Please only use the lice treatments if your child has lice.

Of all the articles I reviewed, I liked these the best, it was simple, practical and informative.

\*\*I am a big fan of coconut oil, after every hair wash which is only 2-3 times per week . So far so good...fingers crossed. I hope we can all avoid the lice epidemic, as it is no fun at all.

\*\*I feel I should mention that there is no need for hair colour for children as an option...it wont make a difference, esp. drug store colours. It may kill active lice but not eggs. Non-professional colours are drying to the hair and I dont recommend them for adults let alone kids. Now dont misread my words, if you choose to colour your child's hair, I am not judging you at all, my daughter has a few fun-lites of purple, but I use my professional no ammonia, no lift blend for her hair and I formulate it accordingly - I am saying its just not a practical nor very truthful option for deterring head lice.

<http://patch.com/geo.../kennesaw/bp--lice-lice-fact-vs-fiction>