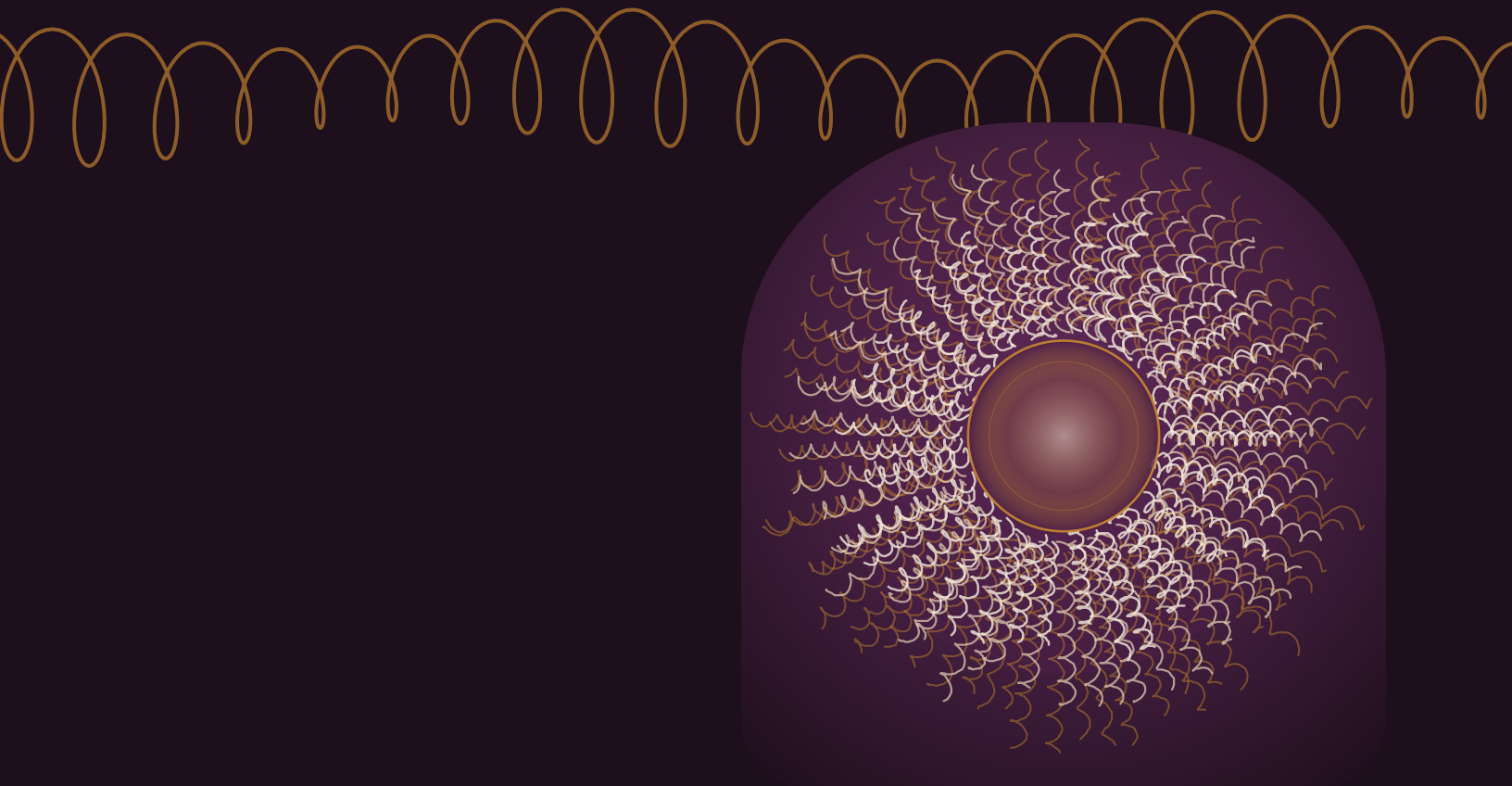




The family care calendar

A rhythm for real life. Not another chore chart.

Morning and night. A weekly check. Monthly, seasonal and yearly look-backs. You're scheduling attention, not treatments.



The calendar reminds. The hair decides.

These intervals are planning tools. When to wash, trim, relax or retighten depends on the actual hair, scalp and activity, and on what the professional or the label says.

Morning & night

Morning: look, refresh, go

Ask how the scalp feels. Check the roots and ties.
Refresh only what needs it, and leave a comfortable style alone. Offer a choice, but don't make looks a daily performance.

Night: loosen, check, settle

Take out or loosen anything that pulls. Make sure the hair will dry. A smooth bonnet or pillowcase is optional; there's no required bonnet or nightly oil.

Sources AAD · Hairstyles that pull can lead to hair loss · AAP · How to keep your sleeping baby safe

The care calendar

When	Look at	Don't make it automatic
Weekly check	The next wash or takedown, swim and sports days, a clean kit, the handoff to the other caregiver.	Exactly seven days between washes, or a big new style every Sunday.
Wash day, when needed	Choose, cleanse, deep condition and detangle, leave-in, style wet, dry hands-off.	A pre-poo, oil, heat cap, extra mask and blowout every single time.
Monthly look-back	Hairline, scalp, repeat tangles, ends, how products are working, one skill to practice.	Harsh detoxes, protein treatments, new purchases, length tracking.
Each season	A trim (about every 3–4 months, sooner if ends split), new activities, accessory fit, tools, and whether the routine still works.	A set trim length, a relaxer appointment, replacing everything.
Once a year	What they like now, how much they can do themselves, time, budget, and whether you need professional help.	A yearly straightening service or a specialist visit when everything is fine.

Symptoms don't wait for the calendar.

Painful pulling, sores, an itch that won't quit or noticeable thinning doesn't wait for the monthly check. Loosen the style now and get anything ongoing looked at.

Sources AAD · Hairstyles that pull can lead to hair loss

Same calendar. Different jobs.

Path	The routine changes
Loose natural	Regular gentle detangling, comfortable styles and takedowns, a spot refresh when needed.
Occasional heat	A check before each press, no-reheat upkeep, and a wash and reset. Not a monthly press subscription.
Chemically treated	A service log and a check before any repeat application. The calendar doesn't clear anyone for a relaxer.
Locs	Separate plans for washing, drying, retightening and styling, based on the method and the roots.

Hand it over as they're ready

Babies: gentle and minimal. No tension, no small decorations, and safe sleep before any hair goal. Cradle cap or scalp worries that stick around go to the pediatrician.

Toddlers and preschoolers: two real choices, show them the tools, honor the pause signal. Small parts, hot tools and scissors stay with you. They can help without having to sit through it all.

School age and teens: teach one skill at a time, then let them practice while you watch. Puberty can change how oily the scalp gets, so adjust washing. Adult services are never a deadline for kids.

Adults: build the routine around your real hair, schedule and taste. New, lasting shedding or crown changes deserve a checkup, not an automatic "it's just stress."

Sources AAP · How to keep your sleeping baby safe · AAD · How often do children need to wash their hair?

One care note for both homes

-
- ☐ Last wash / swim: _____
 -
 - ☐ Current products and any reaction: _____
 -
 - ☐ Current style / next simple finish: _____
 -
 - ☐ Pause signal / comfort helper: _____
 -
 - ☐ Scalp observations / clinician instructions: _____
 -
 - ☐ What worked this week: _____
 -

Print it, or keep a shared note in an app you already use. This website doesn't send these entries anywhere.

Supporting sources

Checked October 26, 2026. Source roles and limitations are part of these instructions.

AAD · Hairstyles that pull can lead to hair loss · Date not displayed

<https://www.aad.org/public/diseases/hair-loss/causes/hairstyles>

Tension and early warning signs apply across hairstyles. A professional installation does not remove traction risk.

AAP · How to keep your sleeping baby safe · Date not displayed

<https://www.healthychildren.org/English/ages-stages/baby/sleep/Pages/a-parents-guide-to-safe-sleep.aspx>

Infant safe sleep takes precedence over hair-preservation accessories. No birthday-based bonnet clearance is inferred.

AAD · How often do children need to wash their hair? · Updated November 14, 2023

<https://www.aad.org/public/everyday-care/hair-scalp-care/hair/wash-hair>

Explicitly written for ages 8–12. Its heavy-sweat advice must not be presented as a tested toddler schedule.



Keep the routine close.

This guide lives online too, with every path, the full kit and the sources behind each step. Scan to open it on your phone.



thedadsystem.org/haircare/routines.html

The Dad System · Small systems. Deeper connection. General education, not medical advice; this guide has not been medically reviewed. Artwork is original and generated in code.