

Guarding Against Head Lice!

Hello mums! Let's talk about Head Lice.

This Term alone I've received two messages from my daughters' school about an infestation of lice! Generally, I'm not bothered, I just tell her not to hug her friends. I rub some coconut oil on her head with a little tee tree oil to repel the nasty buggers and I don't give it much thought. But she is going away with the whole year tomorrow and they will be sleeping in tents! 😱😱😱 Listen! Dealing with lice on a black girl is different! Thankfully, I know there is a high probability she doesn't have lice because the pesky things prefer the shape of Caucasian hair. They literary find it difficult to climb up our hair ... well they used to ... until they started mutating. Okay here is what you need to know

Black people CAN GET lice but do not get lice as much as White people.

Head lice cannot jump or fly; they can only crawl. And they use their six legs with claws on each of them for this very purpose. And guess what? These claws are fitted to cling to round shape hair and head lice have certain difficulties clinging to and crawling in oval (Afro)shaped hair.

African lice is different those have no issues climbing on Afro textured hair! So if you live in the tropics your child is just as susceptible as the next.

Head lice hate oils, coconut in particular and tee tree oil! (if you have Khalila oil use it when you get a letter, the smell and the combination of Ylang Ylang will repel). Use that to wade them off.

And if the worse happens! Those nit combs are not designed for and will destroy Afro textured hair so don't use them! you will have to be aggressive and patient with the treatment but it's treatable.

If your child has LOCs! 😱😱 it often has to be cut off as they embed themselves in the locs.

