

**SUPER SAVER  
MAGAZINE**

**AUSTRALIA'S TOP CHEF**  
'My gourmet dinners on a budget'

OCTOBER 6, 2008 AU\$54 (inc GST) www.womansdayzine.com.au

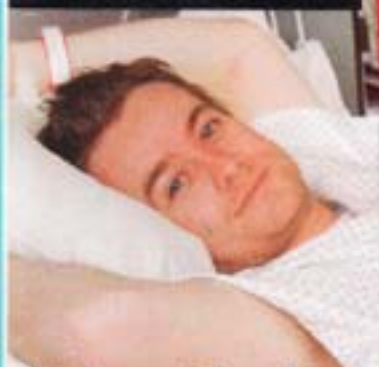
# Woman's

*Kate Ritchie*

## MY DIET SECRETS

**HOW SHE LOST 12kg**

**EXCLUSIVE**



## GRANT DENYER'S HORROR CRASH

**'My fight to walk again'**



**SURF CHAMP  
LAYNE BEACHLEY**  
**'THE EVIL  
SECRETIVE'**



**HUMAN**



**Bargain beauty**

*trim your*

# CHILD'S HAIR

*at Home*

**WHY PAY A FORTUNE WHEN YOU CAN EASILY DO IT YOURSELF! NICOLE PAECH, FROM GLOW HAIR IN SYDNEY, EXPLAINS HOW ...**

▶ Before you start, it's worth investing in a pair of sharp hairdressers' scissors, available at most hair supplies stores from about \$15. They will last for years and are much better for the job than kitchen scissors!

1 **Start by making your child very comfortable.** Maybe sit them in front of the TV. Talk to your child the whole time. Tell them what you're going to do and make it seem like fun. Don't act nervous!

2 **Cover their shoulders with a towel and tuck it into their collar.** Sometimes children get a little irritated with the hair falling onto their face, so avoid this as much as possible. Use a water sprayer to dampen the hair, but don't make it soaking wet. Damp hair is easier to cut as it's more manageable.

3 **For a basic trim, start at the crown.** Take vertical sections, holding the hair at a 90 degree angle to the scalp by placing your middle finger horizontally under

## *Equipment you'll need*

- ▶▶ A towel
- ▶▶ A comb
- ▶▶ Scissors (preferably hairdressers' scissors)
- ▶▶ A spray bottle of water
- ▶▶ Hair clips to hold hair back, if necessary

careful not to take off too much. For boys, follow the hairline around and trim the edges. For girls with long hair, don't try to layer or shape; cut straight across the back.

4 **For the fringe, use the child's eyebrows as a guideline** - the hair should just touch the top of the eyebrows. Remember that when the hair dries, it will be slightly shorter than it is when damp. Choose the length you want and comb the hair down in between your middle and index fingers. Rest your fingers on the forehead. When you cut the fringe, don't cut across as it's hard to keep it in a straight line. Instead, hold the scissors

