

Tear-Free Curly Hair Care Starter Guide

For White Moms Caring for Their Biracial or Adopted Black Child's Curls



Welcome, Mama!

Caring for curly hair can feel overwhelming, but you don't have to do it alone. This guide will help you create a simple, tear-free routine to keep your child's curls healthy, soft, and beautiful—all while encouraging you with faith and patience.

Hi, I'm Samica O'Baugh

a Curl Specialist and Faith-based Hair Coach for moms raising biracial or adopted Black children with curly hair. Most of the amazing white moms I work with tell me the same thing:

"I don't know what to do with my child's hair. Wash day is a battle, detangling ends in tears, and styling feels like a guessing game."

That's where I come in.

I help moms like you cut wash day time in half, stop the overwhelm, and finally feel confident caring for your child's curls — all through a biblical lens.

Because this isn't just about hair.

It's about raising a child who knows they are fearfully and wonderfully made — and you're the mama who helps them see that.



Today we started a new hair journey for Mallory. We found a curl specialist and she knocked it out the park. Thank you so much **Samica O'Baugh Hairstylist** for bringing my girls curls to life.



92 comments

brittany paige
4 reviews • 1 photo



★★★★★ 8 weeks ago

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We love Samical! She got my daughters hair healthy and beautiful. My daughter is 7 and she was patient, knowledgeable, and skilled! My daughter spent all summer in the pool and had damage but Samica was able to get her where she needed to be!



I spent weeks researching and trying to find a salon near me that specializes in curly hair. I came across Samica O'Baugh and fell in love with the way she transforms curly hair. I went in with very dry, brittle, bleach damaged curls. I left with my hair feeling the best it's ever felt in my entire life. Samica is very talented and one thing I love is that she actually walks you through every little thing she's doing to your hair. Samica will actually go in and cut every single split end at the end of each and every curl. She takes her time and is very gentle with the hair and will give you flawless results. Overall, for anyone with wavy, curly, or curly hair, I 100% recommend Samica to help heal your hair. :)

Services
Haircut, Shampoo & conditioning,
Hairstyling

Reply

Let's discover how to make wash day a tear-free and enjoyable experience.



Start Here



Braid Take-Down (Before Detangling)

If your child's hair is braided or in a protective style, always start with patience and moisture. The goal is to remove the style without breakage or tears.

Here's how:

1. Soften first: Lightly mist the braids or twists with a water and conditioner mix (or a detangling spray). Let it soak in for 5 minutes to loosen buildup and dryness.
2. Take your time: Unravel each braid gently from the ends up to the root. when you get to the root the hair might be stock together due to product build up. gently pull the hair apart keep your finger close to the scalp or in contact of the scalp. that will prevent yanking and pain.
3. Finger detangle as you go: As each braid is removed, gently separate strands and remove any shed hair.
4. Apply slip: if the hair dries out apply more water and conditioner.
5. Section off: Once all braids are down, section the hair into 4–6 parts to begin the detangle process in the next page.

 Tip: Always celebrate this process with your child — braid takedown is the beginning of healthy curls being refreshed, not a chore. Turn on music or let them hold the spray bottle and "help."

Tear-Free Wash day.

💧 Step 1: Detangle Gently (Before Shampooing)

Start on damp hair — fully wet the hair with warm water.

Section hair into 4–6 parts.

Apply conditioner or detangling spray to each section.

Finger-detangle first to loosen knots.

Use a detangling brush starting at the ends, moving up to the roots.

Hold each section toss to avoid pulling.

If the brush snags, finger-detangle again.

Tip: Take your time. Gentle detangling now prevents tears later.

🌼 Step 2: Use a Gentle, Sulfate-Free Shampoo

- Keep the hair in sections or twists.
- Focus on the scalp, not the strands.
- Massage gently with fingertips (not nails).
- Let shampoo rinse through curls to cleanse without friction.
- Avoid: Rough scrubbing — it causes tangles and frustration.

✿ Step 3: Condition Generously

- Apply conditioner from mid-shaft to ends.
- Detangle again while conditioner is in.
- Let sit for 5–10 minutes for deeper hydration.
- Tip: Conditioner time = curl recovery time. Let those strands soak it in!

Step 4: Rinse with Care

Use lukewarm water.

Rinse gently, section by section.

Smooth hair with your fingers while rinsing.

Avoid: Bunching or scrubbing curls together.

Step 5: Moisturize & Seal

On damp hair, apply a leave-in conditioner or curl cream.

Follow with a light oil to seal in moisture.

Twist or braid to keep curls defined and tangle-free.

Pro Tip: Moisture + protection = happy curls and easy styling later!

Bonus Tips

Avoid over-handling curls — less is more.

Praise your child for their patience and bravery during wash day.

Use this moment to bond — tell stories, sing songs, or pray together.

Remember: Healthy curls grow in a peaceful environment — emotionally and physically.

Top 7 Curly Hair Products

My recommendations

- Sulfate-free shampoo



- Moisturizing conditioner



- Leave-in conditioner



- Curl cream, Gel or Curl Custard



- Detangling spray (optional) or spray bottle



- Detangling Brush



- Natural oils or Hair Serum



Tear-Free Detangling Tips

- Always detangle when hair is damp with some conditioner.
- Work in small sections.
- Use gentle tools like a detangle brush or fingers.
- Speak softly and encourage your child throughout the process.
- Take breaks if needed — patience is key!

Moisturizing Checklist

- Spritz curls lightly with water leave-in spray when the hair is dry.
- Apply curl cream or moisturizer focusing on ends.
- Seal moisture with a light natural oil.
- Gently scrunch curls with mouse to define

Faith-Filled Encouragement

"I praise you because I am fearfully and wonderfully made." — Psalm 139:14

Remember, your child's curls are a beautiful gift from God. Your loving care honors that gift every day. Be patient with yourself and your child — you're both growing together!

You've Got This, Mama!

Consistent, loving care builds healthy curls and happy kids. Trust the process, and lean on your faith.

Next step.

If you're still overwhelmed, confused, afraid of messing up your child's curls, or worried they'll grow up not loving their curls — you're not alone.

You've taken the first step with the freebie.

But now it's time to stop guessing and start walking in wisdom.

💔 No more tears at wash day.

💔 No more watching your child feel different or less-than.

💛 It's time to confidently care for their curls — and their hearts

Inside my program, you'll:

Learn step-by-step how to wash, detangle, and style your child's curls with confidence

Build a godly hair care routine that honors your child's heritage and identity

Learn how to speak biblical affirmations over your child so they grow up knowing they are fearfully and wonderfully made

Stop wasting money on the wrong products — and know exactly what works for their texture

Watch your child smile in the mirror and finally feel beautiful in who God created them to be

This isn't just about hair, it's about:

Confidence. Connection. Legacy.

👉 Book a Clarity Call with me to become that bold confidence, stylist your child deserves! [Click here](#)

