"Can we do twists, please?
I'd like quite a few."

"A great idea, Beth!
They'll look pretty on you."

He starts by parting her hair like a pro.
His hands are so gentle,
they don't hurt her 'fro.

Daddy had to learn
to care for Beth's coils.

He didn't know to dampen,
then add the oils.

Daddy adds hair butter
to soften the strands.

Then crisscrosses the section
that rests in his hands.

The next day at school,
Beth walks in with pride.
Just look at her smiling
ever so wide.
The picture will be epic
when she strikes a pose.
She knows she looks great
from her head to her toes.

Tọlá is a British-Nigerian Author, Journalist and Hair Care Educator. Born in Nigeria, but raised in London, she holds a Bachelor of Arts degree in Journalism. She has written for several publications, including Refinery29 and Black Ballad. Through her articles, online course, and coaching service, she has helped women all over the world improve the health of their hair.

Using her books and wider writing, Tọlá constantly seeks to create 'mirrors and windows', allowing children the opportunity to read books that are reflective of their own experiences, as well as other cultures. She is an avid reader who enjoys spending time with her family and friends in her home in Kent, where she lives with her husband and two daughters.

Hair Care Tips

I've learned a thing or two over the years about how to care for Afro-textured hair, so I thought I'd share a few of my top tips:

1. For Afro-textured hair to thrive, you need to keep it clean, moisturised and avoid handling and manipulating it too much.
2. Try not to over-wash Afro-textured hair as this can strip it of its natural oils and cause dryness and breakage. I recommend shampooing every 1-2 weeks.
3. Always detangle Afro-textured hair before shampooing it. When detangling, separate the hair into smaller sections, then dampen with water and apply an oil or a detangling product to provide slip. Starting from the ends, comb gently with a wide-tooth comb, working your way upwards. You can also detangle with your fingers first to minimise breakage.
4. Deep condition with a rich conditioner after every shampoo wash to replenish the hair and prevent dryness and breakage. Follow up with a leave-in conditioner before styling.
5. To prevent Afro-textured hair from becoming dry, moisturise it in between washes (every 2-5 days), starting with a hydrating spray, followed by a cream moisturiser and/or oil.
6. Use protective styles such as twists to reduce tangling and breakage. A silk bonnet, scarf or pillowcase can also help to protect hair from drying out at night and make protective styles last longer.