

From Someone Who Cares

I know what it's like to grow up with alopecia and feel different at times; I understand how hard that can be. There are days when it feels overwhelming, yet you're not alone in those feelings. It's okay to struggle and it's okay to take time to figure things out.

What matters most is remembering that alopecia does not define who you are. The strength you build, the way you keep going and the person you are becoming are what truly matter; you deserve to feel accepted, supported and confident in who you are—you are more than your appearance and what you see in the mirror!

Resources



The National Alopecia Areata Foundation has education, information and additional resources to help those affected by alopecia.



Our mission:

Maggie's Wigs 4 Kids of Michigan is a local, Grassroots, 501(c)3 nonprofit organization that provides wigs and support services to children ages 3 to 18 at no charge throughout the state of Michigan.

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A Parent's Guide To Understanding Alopecia

Education, Awareness, Support





Maggie's
Wigs 4 Kids
of Michigan
Helping the self-esteem of children

Causes

Alopecia areata is an autoimmune disease where the immune system attacks hair follicles, causing hair loss.

Alopecia does not have just one cause. It usually happens due to:

- Genetics
- Hormones
- Medication
- The immune system not working properly
- Triggers like stress or illness
- Hair loss can be unpredictable, meaning it may grow back and fall out again.



Living with Alopecia

Coming from someone who grew up with alopecia, I've learned that having it from a young age can be really difficult. When you're younger, you're still figuring out who you are, and feeling different can make that even harder. There are moments where you feel out of place or wish things were easier.

Over time, it can also build your character. It teaches you strength, confidence, and how to accept yourself. I've learned that it's important to push yourself, even when it's uncomfortable, and to surround yourself with people who support you.

At the end of the day, being different is what makes you, *you*—and that's something to be proud of.

How to help your child with

Alopecia

It's understandable that as a parent you want to help and protect your child, but it's important to remember that this is their experience.

Let them make their own decisions. Try not to push anything onto them, you are not in their shoes. Giving them control helps them build confidence and feel more comfortable with themselves.

Your support, patience and understanding will help them more than anything else.