

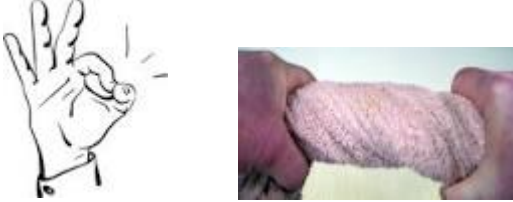









**COMMUNITY PAEDIATRIC OCCUPATIONAL THERAPY AND  
 PHYSIOTHERAPY SERVICES**

**NAIL CUTTING**

<b>DIFFICULTY</b>	<b>IDEAS TO TRY</b>
<p><b>BEFORE YOU START</b></p> 	<p>Consider the best time to cut nails and agree the frequency.</p> <p>Probably best not to cut nails at bed time when the child is tired.</p> <p>Try not to let the nails get too long as the sensation from long nails to short nails can be very uncomfortable.</p> <p>Consider using nail clippers or small nail scissors.</p> <p>For a child fearful of the scissors, let the child handle (if appropriate) the scissors or clippers to appreciate that whilst they will trim the nail they are not going to cut their finger off!</p> <p>Before the activity let the child engage in a physical activity they enjoy. Try to choose an activity that includes moving and deep pressure i.e. ball skills, colouring, lego, baking, cycling, and gardening.</p> <p>Consider cutting one hand one day and the other hand another day if both hands are too difficult to do together</p>
<p><b>PREPARATION OR CUTTING NAILS</b></p> 	<p>Finger Nails</p> <p>Get the child to perform some deep pressure activities for the hands.</p> <ul style="list-style-type: none"> <li>• Pushing against a wall</li> <li>• Pushing hands together</li> <li>• Linking fingers and pulling away</li> <li>• Rubbing hands with a textured cloth, wash mitt, soft brush</li> </ul>

 	<ul style="list-style-type: none"> <li>• Squeezing fingers with the other hand</li> <li>• Flicking each finger in turn against the thumb</li> <li>• Twisting / squeezing a flannel or tea towel</li> <li>• Pinching finger and thumb together in turn</li> </ul>
<p><b>CUTTING THE NAILS</b></p>  	<p>Rub the child's hand with yours before holding. Hold their hand firmly but not overly tight.</p> <p>Squash the finger tip and over the nail to be cut with your finger and thumb,</p> <p>Then cue the child in ready for cutting. Try and cut the nail in 3 cuts. Say 'cutting 1 2 3 stop'</p> <p>This gives the child a definite stop and start and helps them tolerate the sensation.</p> <p>Immediately after cutting that nail repeat the squashing to the finger tip. The child can do this themselves if they so wish, or even squash all the fingers if necessary.</p> <p>In-between each nail being cut allow the child to do some hand presses or squeezing hands or stress ball if they wish.</p> <p>Repeat to cut each nail in turn.</p>
<p><b>TOE NAILS PREPARATION FOR CUTTING</b></p> 	<p>Toe nails need cutting less often The principles remain the same.</p> <p>Get the child to perform some deep pressure activities for the feet.</p> <ul style="list-style-type: none"> <li>• Heavy stamping</li> <li>• Pushing feet against the wall</li> <li>• Scrunching up toes and holding</li> </ul>

 	<p>them curled for a count of 10</p> <ul style="list-style-type: none"> <li>• Rub feet and toes with a textured wash cloth, bath mitt</li> <li>• Get the child to massage their feet with their own hands.</li> <li>• Rolling or squashing a textured ball under the foot</li> </ul> <p>Rub or massage your child's foot to then hold their foot firmly. If this is too difficult wrap a cloth around the foot exposing the toes, and hold the foot over the cloth.</p> <p>Squash the toe and around the nail with your fingers and thumb.</p> <p>Cut the nail using the same counting technique. Say <i>'cutting 1 2 3 stop'</i> Squash the toes and allow the child to rub or stamp as necessary.</p>
<p><b>FOLLOWING NAIL CUTTING</b></p>  <p>(c) ot-mom-learning-activities</p>	<p>Direct the child to engage in a physical activity which gives movement and deep pressure.</p> <ul style="list-style-type: none"> <li>Trampoline or trampet</li> <li>Crab walking</li> <li>Cycling</li> <li>Lego</li> <li>Crayoning</li> <li>Rough and tumble play</li> </ul>

**NAME:**

**DATE:**

<b>Ideas to try</b>	<b>Outcome</b>
1.	
2.	
3.	
4.	
5.	
6	