



Sensory Processing Service

Tips for Nail Cutting



**Caring, Learning
& Growing Together**



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Tips for Nail Cutting

Here you will find some simple tips on how to make the process of cutting your child's nails, a positive experience:

- Involve your child in the task and set clear expectations
- Use firm, maintained pressure when holding your child's finger to cut the nail.
- Engage in movement and heavy work activities before nail cutting. E.g. animal walks, hanging or climbing tasks, pushing or pulling tasks. These activities focus weight through the hands.
- Allow your child to sit somewhere comfortable and supportive for nail cutting e.g. on a bean bag or your knee.
- Let your child choose which order their nails are cut in.
- Massage your child's hands/feet before nail cutting and in between nail clips.
- Let your child chew or suck on something whilst you cut their nails, or to use a fidget toy in the other hand.
- Cut nails after a bath, when they are softer.
- Try playing some relaxing music whilst nail cutting.
- Use a weighted lap bag, blanket, or shoulder wrap.
- Try filing nails instead of cutting.

 Visit:

sensoryprocessinghub.humber.nhs.uk

for more help and information.



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