



### Sensory— Nail cutting

The majority of children who have sensory issues find it difficult to cope with having their nails cut. Listed below are some strategies that can assist in making this activity less stressful for both parent and child.

- Whenever possible massage the child's hands prior to cutting the nails as this can help to reduce sensitivity.
- Ensure that the child is sitting in a comfortable supportive chair.
- If tolerated sitting on an adult's lap can help the child to feel more comfortable when having their nails cut.
- Trim the nails when after a bath or shower when they are softer.
- When you cut the nails always make sure that you leave a white edge rather than cutting them right up to the skin.
- Give the child a favoured toy, fiddle toy or lollipop (if acceptable) to distract them from what is happening.
- Having some soothing music or the child's favourite TV/DVD/CD playing while cutting their nails can help to distract.
- Try not to prolong the activity, and maybe cut one hand/foot at a time. Stop the activity if the child is getting really distressed.
- If the child has very low tolerance, their nails could be cut while they are asleep.