

Occupational Therapy Service For Children And Young People

Nail Care Tips

Try and ensure your child is receiving sensory input which is calming and organising, at regular points throughout their day (i.e. that they have a good “sensory diet”). Calm and organising sensation include: deep pressure and proprioceptive input.

Give opportunities for deep pressure input to the forearms, hands and fingers.

Examples:

- Playing pushing and pulling games,
- Pushing hands together
- Massaging each fingertip firmly
- Massaging the whole hand (this can be done by the child or the adult)
- Encourage the child to flick each finger against their thumb.

Complete nail care task after a bath or shower, or after soaking the hands in warm water, so that the nails are soft.

Use baby clippers or scissors if possible rather than standard (adult) ones.

After each nail is cut, complete more deep pressure input to the tip of the finger.

Use distraction techniques during the nail care activity: watching T.V. or chatting about a topic of interest.