

Scissor skills

Your local
healthcare
provider

Children can struggle to grasp and operate standard scissors and may benefit from exploring different types of scissors.

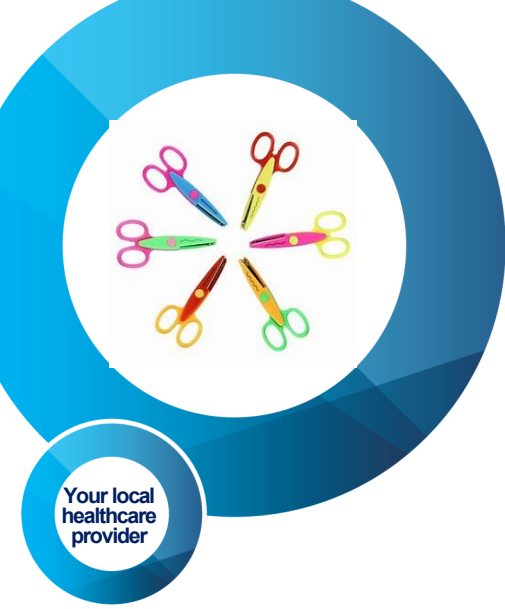
Why is it important?

This is an example of a bilateral task involving using both hands together. It is important that we co-ordinate both sides of our bodies together to perform tasks smoothly and effectively.

Activity Ideas:

- Prompt Child on how to hold the scissors encouraging Child to keep their thumb on top and their wrist straight.
- Encourage Child to snip at the edge of a piece of paper to make a fringe.
- Stick cardboard onto paper either side of a 2" gap. When Child cuts it will hard for them to stray off the path. You could also stick lolly sticks or sand paper either side of a gap. As skill improves, reduce the size of the gap.
- Try using slightly thicker paper initially, (not card) which is easier to cut.
- Practice picking up items such as cotton wool balls using large tweezers.
- Punch holes across a piece of thicker paper and ask Child to cut between them.
- Draw tramlines about 1cm wide and colour in the gap. Encourage Child to cut across, staying in the lines. Initially use straight lines. Introduce curves once Child has achieved straight lines.
- Once Child is efficient with 1cm lines, make the gap smaller and smaller, only changing once Child is consistently successful. Ultimately use one line to cut along.

Providing care on behalf of North East Essex Community Services Collaborative



- Different types of scissors

Self-opening scissors

Provide Mini Easi Grip, Easi Grip or Long Loop Scissors which are easier to hold

<https://peta-uk.com/shop/mini-easi-grip-scissors-3/> -

<https://peta-uk.com/shop/easi-grip-scissors/> -

<https://peta-uk.com/shop/long-loop-scissors/>

Block mounted scissors



'Tiger Scissors'.

