

## Scissor Skills

- Encourage your child to consistently use their dominant hand to cut with and to use their non-dominant hand to manipulate the paper.
- Your child's thumb needs to be placed in the top loop of the scissors, facing upwards, with index/middle finger placed within the bottom loop.
- Encourage your child to hold their thumb upwards with their supporting hand on the card/paper.
- Start with small snipping movements along the edge of thin card. Spring-loaded (Styrex or easy grip) scissors or scissors with a larger space for two to three fingers to hold to assist open/close action.
- Encourage your child to snip edges of the card, using their non-dominant hand to hold the card. As your child progresses in their skills, encourage them to cut further in to the card and along straight lines. Use stickers/drawn lines to encourage this direction.
- Can they stop at the point you request them to? Use visual markers to indicate where to stop.
- Once straight lines have been mastered start working on cutting a change of direction by the child, learning to stop at a marker then turn the paper with the holding hand to then continue cutting in a new direction. Use clear verbal instructions, i.e. cut, stop, turn, cut and different colour lines for each new direction change.
- Progress to cut along gentle angles and curves. As skills progress, make the angles and curves steeper. Encourage a progression of cutting the following patterns in sequence;

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- Try cutting out magazines/pictures to make a collage/card/picture. The card used in cereal packaging is a thin but stable base to learn to cut with.

The following provides information on where you can purchase scissors similar to those used during occupational therapy sessions. The companies suggested below are a few of the many suppliers who sell the items, but you may also be able to purchase them from local retailers.

### Scissors

On the following websites you can search for a wide range of scissors including left handed, self-opening, soft grip and first scissors:

[www.whsmiths.co.uk](http://www.whsmiths.co.uk)

[www.amazon.co.uk](http://www.amazon.co.uk)

[www.specialdirect.com](http://www.specialdirect.com)

[www.elitehealthcareltd.com](http://www.elitehealthcareltd.com)

[www.essentialaids.com](http://www.essentialaids.com)

[www.abilitysuperstore.com](http://www.abilitysuperstore.com)

[www.rompa.com](http://www.rompa.com)

[www.mobilisrolyan.com](http://www.mobilisrolyan.com)

## Contact details

### Children's Therapy Services

Telephone number: 0300 019 2936

For further general health-related information, please ask the relevant department for an information prescription or contact:

Patient Experience  
University Hospitals Dorset NHS Foundation Trust  
Longfleet Road  
Poole  
Dorset  
BH15 2JB

Telephone: 0300 019 8499

[www.uhd.nhs.uk](http://www.uhd.nhs.uk)

**We can supply this information in other formats, in larger print or have it translated for you. Please call the Patient Experience Team on 0300 019 8499 or email [patientexperienceteam@uhd.nhs.uk](mailto:patientexperienceteam@uhd.nhs.uk) for advice.**

**If you wish to make any comments or to ask about any research evidence used to write this leaflet, please contact the Patient Experience Team on 0300 019 8499, write to the Patient Experience Team (address above) or email [patientexperienceteam@uhd.nhs.uk](mailto:patientexperienceteam@uhd.nhs.uk)**

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