

# Nail Trimming

## Tips to Make Grooming Easier at Home

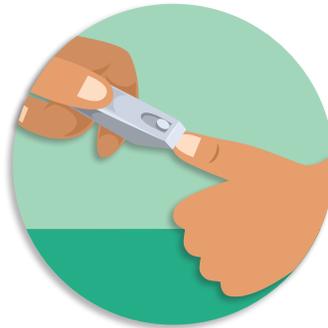


### General Tips for Success

- **Perform “heavy work” proprioceptive activities prior to non-preferred grooming tasks to aid in calming, regulation, and participation.**
  - Wall push-ups or pushes
  - Squeezes/big bear hugs
  - Wilbarger brushing protocol
  - Joint compressions
  - Animal walks (i.e., frog jump, bear walk)
  - Carrying a heavy object across the room
- **Positively reinforce compliance with grooming tasks (i.e., reward with preferred toy after participation in morning routine tasks or in nightly bathtime).**
  - Ensure that the child knows exactly what they are being rewarded for
  - Use “First, then” language (i.e., “First trim 1 nail, then toy”)
- **Utilize a visual/picture schedule during grooming routines to prepare the child for what is to come (e.g., “iDo Hygiene” app).**
- **Model the grooming task on yourself to increase the child’s comfort with the task.**
- **Play soft, calming music or sing in a slow, rhythmic tone for calming, (e.g., “Ants Go Marching”).**
- **Allow a video or preferred toy for distraction if the task is highly aversive.**

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### Prior

- Prior to trimming, provide calming proprioceptive input to the hands with putty, a stress ball, or Play-Doh to decrease tactile sensitivity
- Consider scheduling bath time before trimming, as this is when nails will be the softest
- Touch their nails with the clippers without trimming to increase their comfort with the idea of using clippers
- Use the clippers to play "This Little Piggy" or count the nails/fingers

### During

- Use kid-friendly clippers  
(i.e., "Nail Whale" on Amazon designed to look like an animal)
- If the noise of the clippers seems to be the cause of the aversion, provide noise-cancelling headphones
- Provide input during cutting to override the sensation from the clippers
- Press on the center of each nail during cutting
- Place a vibrating pad or toy over the hand during cutting

### In General

- Start slow, trimming 1 nail per day to ease the child in and slowly increase their tolerance of the task
- Make clipping nails part of the weekly routine rather than an infrequent event
- Trial a nail file to evaluate if this tool is less aversive for the child