

Our Top Tips!...Using Scissors

Using scissors isn't often seen as a 'daily challenge', but for children with DCD it can actually be quite a tricky task.

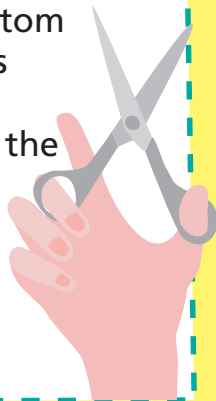
The following pointers might help...

Pick your hands

To get really good at fine motor tasks, you need to establish your hand dominance and stick with it. Hold the scissors in your dominant hand – (this is your 'best' hand) – and hold the paper or card in your non-dominant hand. A lot of scissors are right-handed. If you are a lefty, then make sure that you use left-handed scissors.

Which fingers where?

Ideally, you would hold the scissors with your thumb in the top loop and your middle finger in the bottom loop. Your index finger wraps around the outside of the bottom loop to help stabilise the scissors. Sometimes, scissors have a small loop, which is for your thumb and then a larger loop, which is for your index and middle fingers.



Get a grip!

For scissors to work properly, it is really important that you hold them with your thumb-nail facing up to the ceiling. As you cut around different shapes, make sure that your thumb-nail doesn't start creeping towards the table.

Are you sitting comfortably?

Where possible, sit at an appropriate height table and chair, so that you have a stable base of support.

Start from the correct side

Right-handers need to start cutting from the right hand side. Left-handers should start cutting from the left hand side. (You will get in quite a pickle if you cross your hand over to begin with!).

Materials matter

When first learning how to cut, paper is often too flimsy and difficult to hold. Start with thin card, such as a cereal box. When you find this easy, progress to paper, then tissue paper and then thicker card.

Size it right

When you start to use scissors, you could begin by practicing some basic snipping. As you progress to cutting out, pick large, simple shapes. If there is a picture you want to cut out, draw a simple border around it, (such as a square), and then cut this out. As your scissor control improves, progress to more complicated shapes.

Get creative

Like lots of things, regular practice is key, so find ways of using scissors at home, (not just at school). You could make posters of your favourite things by cutting and sticking pictures from magazines or printed from websites. You could make greetings cards for friends and family by sticking pictures on to folded card. But make sure you leave hair-cutting to the hair-dressers!