

HealthPoint

Rehabilitation Services • Health and Wellness

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Scissor Skills

Being able to use scissors is a skill that is essential for when one goes to Kindergarten! Learning to cut with scissors takes practice, time and coordination. For some, scissors skills are easy and for others, it takes more time to master. Here are some ways to help your child increase their scissor skills so that they can build confidence cutting items independently!



- Teach your child that “thumbs up” means “good job”. Then, tell them in order to cut properly they must have their “thumb up”
- Provide hand over hand assistance with scissors to help your child learn proper form and try to decrease your support as they become more proficient
- Encourage your child to use their other hand to support the object they are cutting
- Encourage your child to keep their elbow by their side when cutting versus holding it away from their body
 - Put a paper towel roll, notebook or piece of paper under your child’s arm and tell them to not let it drop. This is a good reminder to help keep their elbow in.
- Try modified scissors
 - If your child is having a hard time opening scissors, try using spring loaded scissors to help make it easier
 - Loop scissors are great to start with beginners
- Progress to regular scissors once your child starts opening and closing scissors on their own
- Teach your child to slow down and try their best to cut on the line

STAGES OF CUTTING:

1. Start by snipping
 - a. Try cutting paper, straws, play dough or even leaves outside
2. Progress to cutting short straight lines and work to longer straight lines
 - a. For extra stability, try using construction paper folded with 3-4 lines provided for your child to practice cutting on
3. Once proficient with straight lines move on to curved lines
4. After mastering straight and curved lines, try working on cutting out a circle
5. Awesome! Your child is cutting out a circle on their own! Now work on cutting out angled lines so that they can work on cutting out triangles, rectangles and squares
6. Once basic shapes are mastered, your child can work on cutting out smaller sized shapes, animals and pictures



Check out these links below for further guidance on ways to practice scissor skills with your child:

★ <https://www.theartkitblog.com/10-fun-ways-practice-scissor-skills/>

★ <https://toddleratplay.com/2019/05/10/yarnhaircuttingactivity/>