

# CHALLENGE - Term 5

## Encouraging Independence at West Borough Nursery

This term we will be encouraging the children to use and hold a pair of scissors correctly. Using scissors can be a difficult skill for children to master and we need to build up the strength in the children's fingers first - maybe you can try some of the following ideas at home too!

### Here are some ideas to help strengthen your child's fingers before using scissors:

- Tear paper into small pieces to improve the ability to use both hands in a co-ordinated manner.
- Cut straws and strips of paper.
- Punch holes in paper or card with a hole-punch to strengthen the hand muscles and improve bilateral skills.
- Squeeze water out of squirty toys in the bath.
- Squeeze an eye dropper filled with coloured water.
- Use tweezers to pick up small objects such as pom poms.
- Play with finger puppets.
- Encourage your child to open and close pegs - maybe they can help you peg the washing out!



- Learning how to use scissors plays an important role in developing the fine motor skills young children need in order to hold pencils and crayons.
- Having strong fine motor skills will help children as they begin the process of learning how to write.

## How to hold a pair of scissors

1. Position the wrist so that the thumb is turned up, the thumb joint resting inside the thumb loop.
2. Make sure the tip of the middle finger is inside the opposite loop. Some scissors have enough space for the middle and ring fingers to be placed inside this loop.
3. Place the index finger outside of the loop, in front of the middle finger.



## Remember the rules of using scissors!

1. Scissors are only for cutting paper. Nothing else!
2. No walking around with scissors.

Thank you for your continued support!

The Nursery Team