

Cutting My Nails Helps Me Stay Clean





My nails grow slowly every day. My fingernails grow. My toenails grow too.



Sometimes my nails get long. Long nails can have dirt under them. Tiny germs can hide under nails too.



Germes are very, very small. I cannot always see them. But I can still clean them away.
When my nails are short, my hands are easier to clean.



Short nails help soap and water do their job. Short nails can feel better. They are less scratchy. They are less likely to catch on things.



A grown-up may say, "It is time to cut your nails." This means my nails have grown long enough. Cutting nails is not a punishment. It is body care. Body care helps me stay clean, safe, and healthy.



The nail clipper makes a small sound. Click. Click. Click. The sound may feel surprising. If I do not like the sound, I can cover my ears. I can ask for a break. I can take a deep breath.



My grown-up can cut one nail at a time. First one nail. Then another nail. Then another nail. Small steps are okay. I can help by keeping my hand still. My grown-up goes slowly.



I may choose something that helps me. I can choose a song. I can choose a timer. I can choose a fidget. I can choose which hand goes first. My nails may feel different after cutting. That feeling usually gets easier.



After nail cutting, my nails are shorter. My hands are cleaner. My body is cared for. I can say, "All done!" My grown-up may say, "Good job taking care of your body." Cutting my nails helps me stay clean, safe, and healthy.