

# Helping Children With Skin Picking Problems



Keep their hands occupied with toys such as soft squishy balls



Keep their hands covered with mittens or gloves.



Observe what object or place triggers the picking and try to avoid them.



Do not let them pick their skin with dirty fingernails as it may cause infection.



Do not let their nails grow long.



Do not keep scissors or pins nearby since they may use them to pick skin instead.

