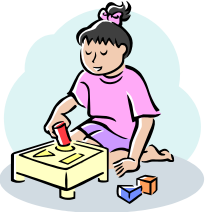





# Top Tips for Developing Hand Dominance

Before carrying out any of the activity suggestions below, always prepare your child by discussing the strategies beforehand and let them take the lead as much as possible. Choose the ones that you feel are most appropriate for your child. The lists of activities are not prescriptive and you can vary them. Use a little and often approach to ensure your child has fun with these activities.

Hand preference usually develops between 2 and 4 years although it is common for children to still swap at this age. An established hand dominance is necessary to develop fine motor skills including handwriting

Positioning	
	<ul style="list-style-type: none"> <li>• Place games/toys in the middle and to the front of child (not to the side) – this way the child is choosing which hand to lead with rather than using hand nearest to toy</li> <li>• Similarly when playing with your child sit in front of your child and not to his/her side – this way you are not influencing preference.</li> </ul>
Play	
	<ul style="list-style-type: none"> <li>• Any activity or toy that involves the use of 2 hands together. This is an earlier stage of development and from this a dominant side will emerge</li> <li>• Messy play – place a blob of paint on a large piece of paper and get child to spread/mash paint with his/her hands, make handprints</li> <li>• Shaving foam – as above, on mirror, on bathroom tiles – at bath time</li> <li>• Play balloon volleyball – holding a cardboard tube with both hands together and play keepie up</li> <li>• Throwing, catching and rolling a large lightweight ball</li> </ul>

Other Activities	
  	<ul style="list-style-type: none"> <li>• Play dough- using a rolling pin and cutters</li> <li>• Construction games e.g. duplo, lego, jigsaws</li> <li>• Threading/lacing - try threading buttons, beads or even macaroni.</li> <li>• You could use a piece of string, or even a shoe lace</li> <li>• Cutting out using scissors</li> <li>• Play games with cards e.g. snap, donkey</li> <li>• Art and craft activities</li> <li>• Helping to wash and dry dishes</li> <li>• Sand and water play e.g. filling up containers</li> <li>• Unscrewing jar lids, taking tops off containers.</li> </ul>