

Hand Dominance

Hand dominance is the hand that a person uses to write and perform most activities.

Establishing Hand Dominance

When working on establishing dominance, encourage daily activities that require forceful or continued use of one hand without direction as to which hand to use. Place materials at midline (directly in front of the middle of their trunk), and allow your child to choose and switch their hand freely whilst engaging in activities.



Some suggestions:

- Large scribbling on the chalkboard
- Large scribbling or drawing on mural paper that is on an easel or taped to the wall or floor
- Hammering wood that is clamped to a surface
- Pounding a large ball of clay with one hand until it is flat
- Swinging a ball on a string above head
- Throwing small balls or beanbags with one hand.

While working on these activities, minimise emphasis on dominant and non-dominant hand and allow your child to freely alternate their hand use.

After several weeks of daily undirected hand activity, watch if your child uses one hand more frequently when engaging in one handed activities or used one hand more consistently when grasping writing implements, scissors etc.

When you note a preference for one hand, or one hand clearly has superior motor control, encourage to use that hand; developing the dominant hand whilst encouraging to use the non-dominant hand to assist. Examples of activities where hand dominance should be encouraged include;

- Drawing, writing, or painting with one hand, stabilising paper with the other.
- Cutting with one hand, stabilising and turning paper with the other.
- Using one hand to build towers with blocks, stabilising and helping to keep blocks lined up with the other.
- Tracing or scribbling over templates, holding writing implement with one hand while stabilising paper with the other.
- Opening containers, such as jars or plastic containers with lids that require stabilisation with one hand and action with other.

