



HAND DOMINANCE

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As students develop, they begin to rely on one hand to perform fine motor tasks over the other. This is called hand dominance. Hand dominance should be established between the ages of four and six. By this age, students should consistently use one hand to hold a pencil, scissors, and eating utensils. It is important to note that there are a lot of left-handed children who cut with their right hand – this is not always a concern. The following strategies and activities are intending to promote development of hand dominance.

- Place tools and materials at midline (the centre of a student's body), allowing the student to choose which hand to start the activity with (often this is unconsciously prompted by pencil/utensil placement)
- Encourage student to complete task with hand that started task.
- Discourage hand switching during tasks.
- Encourage student to take short breaks if hand gets tired, rather than switching hands.
- Have child weight bear on non-dominant hand during task (i.e., on tummy or on hands and knees)