

Talking Matters

www.talkingmatters.com.au Ph: 8255 7137
Helping your child to reach their potential



Hand Dominance

Hand dominance refers to the consistent favouring of one hand over the other for skilled actions. Hand dominance usually starts to develop between the ages of 2 and 4 years. By encouraging children to participate in a wide range of play and everyday activities, children can be supported to develop their hand skills. Positioning toys or activities in front and to the centre of your child allows them to choose which hand to use rather than using the hand closest to the toy.



It will be important to encourage your child to use their dominant hand as their ‘doing hand’ and their non-dominant hand as their ‘helper hand’ which stabilises the activity of the ‘doing hand’. It is helpful to encourage your child to finish an activity with the hand they started with. If their hand becomes sore or tired and they want to swap hands, get them to stop the activity and have a rest. Regular rest breaks may be required until your child builds up the strength and skill to consistently use their preferred hand.

Activities that develop hand dominance include:

- Connecting pop beads
- Threading
- Cutting
- Ball games
- Hammering and screwing
- Drawing
- Stirring a cup or mixing bowl
- Doing and undoing buttons and zippers
- Using cutlery
- Using pegs
- Play dough

Strategies:

- If your child swaps hand and begins to use their non-dominant hand as their ‘doing hand’ encourage them to swap back.

