

Sensational Toddler/Preschooler OT Tip of the Month: Hand Dominance

Do you know toddlers/preschoolers that...

1. Have not determined a hand dominance?
2. Switch hands in the middle of a task?

Hand dominance becomes established between the ages of 4 and 6. It is important not to push one hand over the other at an early age. Rather observe and help determine which hand is used more frequently and with more control. Sometimes children switch due to hand fatigue or due to decreased fine motor skill regardless of hand used. Skills such as utensil for eating and writing will eventually be more successful with a consistent hand being used.

Sensational Ideas for hand dominance:

1. Be careful not to bias the child based on your dominance as in the way you present or teach a task.
2. Position an object (such as crayons or scissors) in the middle of the child's body to see which hand is used to grab the object.
3. Encourage the child to finish the activity with the same hand taking rest breaks if needed to avoid switching hands due to fatigue.
4. Complete two handed fine motor activities that involve the use of the helper/stabilizing hand like cutting and lacing.

[Click here](#) for more tip sheets for preschool and school age classrooms at www.cintiOTinstitute.com/tipofthemonth . For information about occupational therapy services at COTI go to www.cintiOTinstitute.com.

Kilgore- COTI - 2016