



Fine Motor: 12- Dominant hand

Hand dominance typically develops by the age of five. You will notice that your Student may be using one hand more consistently to pick up items. The hand that is used consistently is called the dominant/doing hand. Hand dominance is an essential part of helping your child to develop pre-writing, handwriting and fine motor skills. Students that continue to switch hands and do not develop hand dominance can have difficulty building strength in the writing hand and in developing these essential skills.

SEaTSS has a dedicated Website Resource page supporting Dominant hand ideas.

<http://redbridgeserc.org/resources/category/dominant-hand>

Here there are short video and ideas to help you put together a creative programme of new and interesting activities. Below are some ideas to get you started, but visiting the website link above would give you a wider range of ideas and advice.

Strategies for identifying which hand is dominant

If your Student does not use one hand as their dominant hand, do not choose or force them to use one hand. Instead, carefully observe your Student whilst they are playing or doing everyday activities.

– Make a note of whether one hand is used more, or if one hand appears more skilled than the other. For example, observe your Student drawing or writing; cutting and pasting; brushing their teeth or hair; eating and drinking; and during any other play activities.

– Encourage your Student to participate in a wide range of play and everyday activities to provide opportunities for your child to develop their hand skills.



– Position toys, tools/ activities in front, and to the centre, of your child so that they can choose which hand to use rather than using the hand closest to the object. For example, position pencils in front of your child when they are drawing so that they can choose

Some starter activities

- Activities that require two hands to work together (one to stabilise and one to do the work): stirring, pouring, scooping, colouring, cutting with scissors, sewing or lacing activities, peeling off stickers, clip or clothespin activities
- Don't force or encourage Students to use one hand or the other. Instead, allow them to choose and then encourage them to complete fine motor activities (e.g. writing their names, cutting on a line) using the same hand they initiated with. This is a good way for Students to get experience with both hands and to start to get a feel for which hand is stronger.
- Work on hand strengthening to ensure that weakness isn't contributing to hand switching during fine motor tasks.
- Putting a sticker on their dominant hand can be a great way to remind them which hand to use for the actual work. The helper hand is the one that "helps" get the job done by stabilising.
- Cutting: This is one of the best hand dominance activities because it uses both hands and the helper hand has a big job. When first starting to teach your Student to cut, you can use playdoh and playdoh scissors. They're safe and easy to use.
- Throwing or bowling a ball: This is a great activity because it feels less like schoolwork to kids and more like play. You can play catch, throw to a target to knock things over, or set up some bowling pins.
- Scooping and pouring: Sensory bins or sandboxes are perfect for scooping and pouring, and kids often have no idea they're working on hand dominance. Start with a big bin and fill it with material like dried rice and beans, then add in cups, small scoops, shovels, tongs, and a few toys. Then, let them scoop and pour. You can encourage your kiddo to use their dominant hand to do the pouring and their helper hand to hold the container still.
- Opening and closing containers: Students usually find this activity surprisingly fun! I like to take a whole bunch of different sized containers and fill them with different toys, stamps, or stickers, then close them up.
- They use their dominant hand to twist or pull the top off and their helper hand stabilizes the container. The little prizes can be really motivating!
- Playdoh: Playdoh doesn't feel like work. It can be great fun to sit next to your child and play right along with them. Squeezing and squishing playdoh with their dominant hand helps to strengthen it.



SEaTSS has a PD Team/ Motor HTLA- Schools part of our PD Ambassador scheme receives in school support advice and training.

If you are not part of our scheme – please contact us seatss@redbridge.gov.uk

You will find a variety of Fine and Gross Motor videos here.

<https://www.youtube.com/playlist?list=PL7MVghDNLeJz-IOeZJCxolM8n0v4wi> O

We have a wide range of handwriting and motor skill advice videos on our website www.redbridgeserc.org



Check out our You Tube channel- <https://www.youtube.com/channel/UCYvQ3ULh0WWJAYVzcV7xZoQ/playlists>

The screenshot shows the YouTube channel page for 'Redbridge Seats' with 59 subscribers. The page is set to the 'PLAYLISTS' tab. On the left, there is a navigation menu with options: Home, Explore, Subscriptions, Library, History, Your videos, Watch later, SEND strategies and..., Show more, SUBSCRIPTIONS (Music, Sport, Gaming, Movies & shows), and MORE FROM YOUTUBE (YouTube Premium, Movies & shows). The main content area displays 'Created playlists' with a 'SORT BY' dropdown. There are 15 playlists shown in a grid:

- ipads**: Updated yesterday, 1 video. [VIEW FULL PLAYLIST](#)
- Speech and Language**: Updated yesterday, 2 videos. [VIEW FULL PLAYLIST](#)
- Visual impairment**: Updated yesterday, 1 video. [VIEW FULL PLAYLIST](#)
- ASC/ ASD/ Autism/Social Communication**: Updated today, 3 videos. [VIEW FULL PLAYLIST](#)
- Medical needs**: 1 video. [VIEW FULL PLAYLIST](#)
- Hearing Impairment**: 5 videos. [VIEW FULL PLAYLIST](#)
- Emotional support and Behaviour**: 4 videos. [VIEW FULL PLAYLIST](#)
- Communication and Signing**: 2 videos. [VIEW FULL PLAYLIST](#)
- Physical Disability**: 1 video. [VIEW FULL PLAYLIST](#)
- Sensory videos**: 1 video. [VIEW FULL PLAYLIST](#)
- The Girl player**: 5 videos. [VIEW FULL PLAYLIST](#)
- THE VALUE OF VISUAL**: 9 videos. [VIEW FULL PLAYLIST](#)
- Mariangela**: 3 videos. [VIEW FULL PLAYLIST](#)
- STAFF MEMBER OF THE YEAR**: 6 videos. [VIEW FULL PLAYLIST](#)
- A YOGA MEDITATION**: 7 videos. [VIEW FULL PLAYLIST](#)

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