



Fine Motor: 16- Left handed advice

SEaTSS have a dedicated resource base linked to Left-handed practice. Here you will find advice and videos.

<http://redbridgeserc.org/resources/category/left-handed-advice>

Around 10% of the population is left-handed.

There are different techniques left-handed children need to be taught when learning to write as they have to push their pen across the page rather than pull it like a right-hander. Without the correct support, this can lead left-handers with problems such as a **poor pencil grasp, smudged work, and strained muscles.**

To avoid these issues, we have collated some useful tips for how you can help your child get to grips with writing from the start.

Good role model

It is tricky for right-handed adults to teach a left-handed student. If you have a left-handed family/ staff member who can sit alongside and demonstrate -this is usually highly effective. Also, there are lots of good videos on YouTube now.

Position the paper correctly.

When your child sits to practice writing, sit their paper slightly to the left of centre, and rotate it roughly 45 degrees clockwise (moving the top right corner down slightly). This makes it easier for your child to see the nib of the pencil as they're writing.





Use the right hand for stability.

Help your child place their right hand flat on the right-hand side of the paper to prevent the page from shifting as they write.

Keep the wrist below the line to avoid the 'hook' hand.

Without the proper training, left-handed writers often develop an uncomfortable 'hooked' wrist position, where the wrist curls in order to see what they're writing and not smudge their work. It is important to encourage your child to keep the pencil on the line, with the wrist below the line to improve their vision, reduce arm strain and prevent smudging. Correct paper positioning and pencil grip will also help maintain this correct hand position.

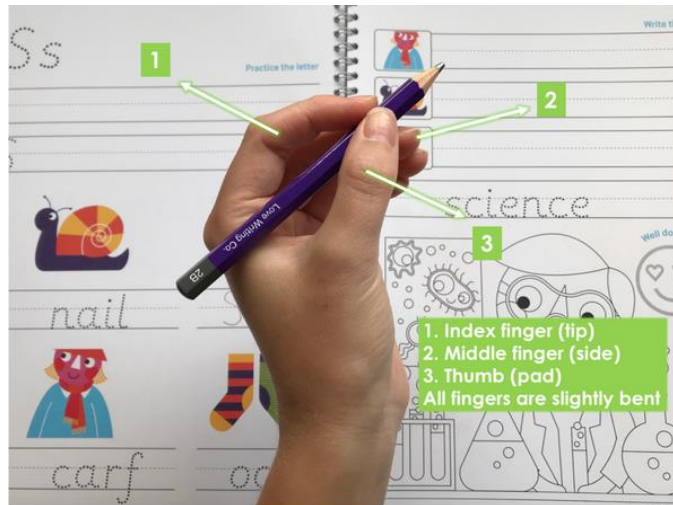


Hold the pencil in the right place.

Ideally left-handers should hold the pen or pencil roughly 2-3cm from the point to enable them to see their writing and avoid 'hooking' with the writing hand or adopting awkward neck posture when writing. Indicate where they should hold the pencil with a line of nail varnish or a small elastic band wrapped around the desired area, which can be removed once the child is familiar with the position.

Practice the tripod grip.

Show your child how to hold the pen/pencil with the correct tripod grip between the thumb, index and middle fingers (see below). This grip, taught during the early stages along with sitting and paper position, should eliminate the 'hooked' hand problem.



<https://lovewritingco.com/blogs/blog/teaching-left-handed-children-how-to-write>

Sit lefties on the left.

Always important and often forgotten, especially when moving around for sets/ ability groups.

Use the correct tools.

When children start writing, it is far easier to use soft leaded pencils rather than pens to reduce writing pressure and avoid smudging. Pencils with broader and softer leads - 2B rather than HB - help reduce writing pressure.

When progressing to pens – there are a range for left handers, or you can let them try a variety to establish which ones are best for them.

<https://www.anythinglefthanded.co.uk/acatalog/non-smudge-pens.html>

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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 like 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 grid of 15 playlist thumbnails. Each thumbnail includes a video preview, a title, a 'VIEW FULL PLAYLIST' link, and an update date. The playlists cover topics such as iPads, Speech and Language, Visual impairment, ASC/ ASD/ Autism/Social Communication, Medical needs, Hearing Impairment, Emotional support and Behaviour, Communication and Signing, Physical Disability, Sensory videos, and The Value of Visual.



Website:
www.redbridgeserc.org



Email:

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