



# HDSSG

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## **Activity ideas to develop hand dominance.**

Children establish hand dominance between the ages of 4-6 years. Some develop it earlier or later – do not impose hand dominance on your child. If your child is having difficulty developing hand dominance the following activities may help:

- Colouring -

Large shapes  
Different textures eg. Tree/brick rubbing  
Pen in each hand drawing large circles

- Hammering -

Construction toys  
Egg Boxes

- Ball games -

Skittles  
Throw a ball  
Bouncing balls

- Beanbag tossing
- Any other activity involving one hand.

Advice from Children's Occupational Therapy – Calderdale & Huddersfield NHS