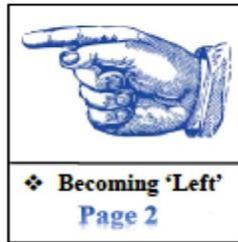
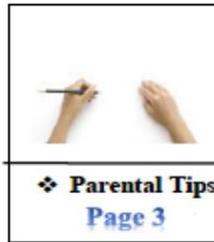


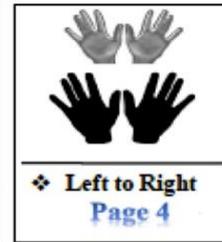
❖ Editorial Note  
Page 1



❖ Becoming 'Left'  
Page 2



❖ Parental Tips  
Page 3



❖ Left to Right  
Page 4



❖ Fun and Funny  
Page 5

# MOTIVATE

## Editorial Note:

Happy Independence Day to all the readers of Motivate in India! Every year, on August 15<sup>th</sup>, we celebrate the country's freedom from colonial rule. Freedom comes in many forms and ranges from a country's freedom to one's personal sense of making a choice of decision. With this in mind, this month's issue is an attempt to bring one's attention to the plight of those who have been born being left-handed! This month's issue of Motivate celebrates 'International Left-handers Day' on the 13<sup>th</sup> of August.

It has been observed that the entire world operates with a 'Right' side bias and it is rough-going for those who are left-handed. Everything, from notebooks to cars to sports seem to be designed keeping in mind only the right-handers, making the world a very

difficult place to navigate for the others. Very few people pick up the knack of being ambidextrous and thus not everyone's cup of tea.

This issue works on helping people understanding the naturalness of being a left-hander. So many times it has been branded as something akin to evil and parents and families force left-handed children to learn to become right-handed. The consequences of this forced change can be bad. Awareness on this is

also one of the primary aspects of this issue. Certain tips in regard to the changes that parents should make when bringing up a left-handed child is also covered in this issue. So the next time one sees a left-hander struggling with the right-handed world, take a moment to appreciate the difficulty and help them out!

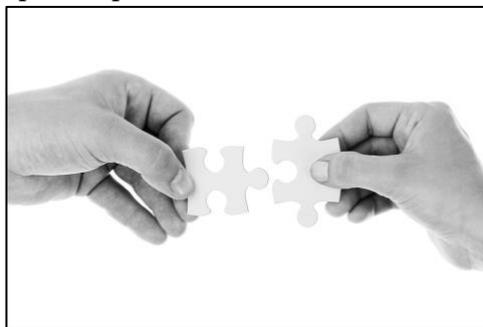


## Becoming 'Left':

It has been estimated that around 10-15% of the world's population is left handed. Though a lot of research has been conducted by researchers from different fields of study in terms of what makes a person become a right-hander or a left-hander, especially in the last 150 years, it cannot be definitely pin-pointed to one specific factor. Instead, it could be one of the many factors or a combination that have been isolated by researchers through the years. Some of the factors include-

1. **Primarily related to the physiological structure of the brain-** One of the earliest theories related to the specific parts of the

brain which supposedly contributed to one's handedness. In recent times, this theory has not



gained many followers but is still acknowledged to be a factor. The hemispheric influence of the brain is also considered under this theory.

2. **Presence of certain genetic factors-** Several factors present in our genes have been isolated and studied in terms of causing handedness. This is not to mean that the parent's genes or handedness will

definitely have an impact on the child's preference.

3. **Fetal development-** One of the popular theories include that of the fetus, when developing, receiving one or several hormones which decide on one's hand preference. Arnold Gesell, a developmental psychologist, noted that infants as young as four weeks have shown a preference for handedness.

4. **Linguistic and Religious influence-** A lot of times, when the infant or child shows an early indication of being a left-hander, the parents are influenced by the notion

that it is something very bad and force the child to make the change to the right. This is a social influence on handedness. For example, the term for left in Latin and French (Sinister and Gauche) indicate

something bad. Many religions around the world also consider being left-handed as something evil.

All these theories, except the last, provide a scientific basis for understanding handedness.

(Sourced from <http://psychology.jrank.org/pages/293/Handedness.html>, <https://www.scientificamerican.com/article/what-causes-some-people-t/> & <https://www.betterhealth.vic.gov.au/health/healthyliving/left-handedness>)

## Parental Tips:

As mentioned above, it is increasingly becoming apparent that everything in this world is wired for the right-handed. In part to spare the child from experiencing these difficulties, parents are making the decision to force the child to become right-handed. Even though, it is one way to cope with the difficulties, there are different techniques available for those parents who want to help their left-handed children.



1. ***Put yourself in your child's shoes-*** First off, understand two things about your child through empathy. Try to do tasks in your non-dominant hand and if this is your left hand especially, you can especially understand the difficulties that the child is encountering around the house.
2. ***Do not treat it as a condition-*** While it is important to acknowledge the difference that exists, do not treat it like a medical condition that must be looked at in a negative manner. Since it is a natural phenomenon, it is important that the child learns to take it in stride.

3. ***Encourage them to work on their writing in a gentle manner-*** One of the most frustrating aspects of a left-handed person is when they are learning to write. It can be endlessly irritating for parents and teachers to see mirror-writing occur-which is often also confused for dyslexia. All it requires is gentle corrections when required and with lots of practice, the correct writing will occur.

4. ***Finding the right equipment-*** Whether it is scissors or pencils or even door knobs, everyday things we take for granted, left-handers find it a struggle. Thankfully, with advances in technology, many specialized equipment is available for the left-handers so as to make things easier for them.

The above are just a few of the tips that parents ought to follow instead of forcing children to change their handedness.

(Sourced from <https://www.parents.com/kids/development/physical/raising-a-left-handed-child-in-a-right-handed-world/> and <http://loveandmarriageblog.com/left-handed-children/>)

## Left to Right:

As priorly stated, sometimes, due to social pressures, parents and family members and even school faculty take the extreme step of forcing a child to change their natural dominance of one hand. While overall, not too many long-term consequences have been researched, it is simply an extreme step to take simply based on social pressures which have other reasons for existing. Some of the consequences include-

### 1. *Reinforcing the belief that being left-*

*handed is*

*negative-* When

people make a

forced switch from

being a natural

left-hander to

being a right-hander, it involves a lot of

effort and thus gains attention from

people. Seeing the amount of difficulty

one goes through to change leaves the

impression that being a left-hander is

very undesirable.

### 2. *Certain parts of the brain affected-*

Since hand dominance is something

that is found to be related to the two

opposing hemispheres in the brain, a

few studies suggest when handedness

is forcefully switched, a few parts of the dominant hemisphere loses its functionality.

### 3. *Stops research in terms of understanding left-handedness*

*impartially-* When there are a lot of children being forced to shift to becoming a right-hander, it becomes a challenge for researchers to find natural lefties to help understand and dispel certain myths related to them.

### 4. *Doesn't help advance*

*technology that makes things*

*convenient for left-handers-* It is

only because of the fact that left-

handers are finding things

difficult that technology is being

developed to help makes it easier. If it

is considered negative in any way to

advance the position of left-handers,

this development will become

restricted.

(Sourced from

<https://www.ncbi.nlm.nih.gov/pubmed/1192344>

6, [http://www.bioedonline.org/news/nature-](http://www.bioedonline.org/news/nature-news/news/switch-handedness-changes-brain/)

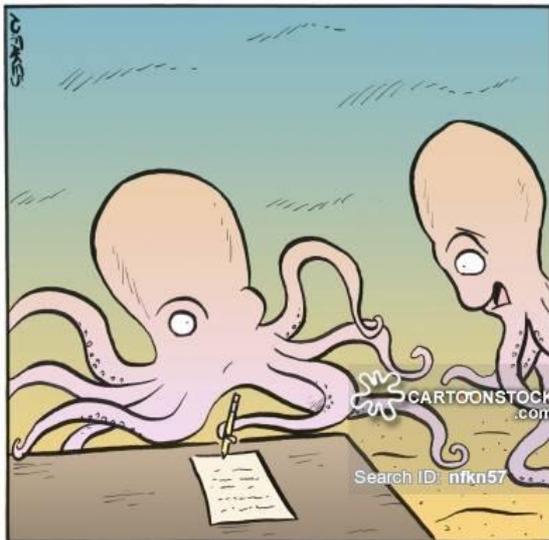
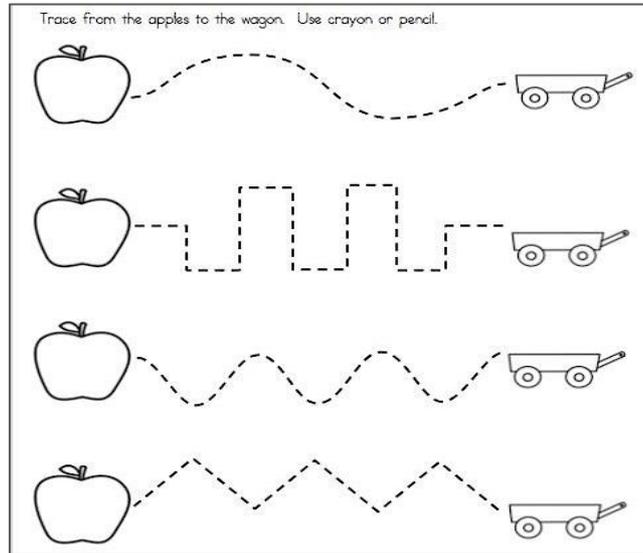
[news/news/switch-handedness-changes-brain/](http://www.bioedonline.org/news/nature-news/news/switch-handedness-changes-brain/) and

<http://www.jneurosci.org/content/30/9/3271>)



### Fun and Funny:

One of the best ways to relate to being a left-hander when you are naturally right-handed is to put yourselves in their shoes. So trace the drawing given below in your non-dominant hand!!



"I had no idea you were upper-middle left tentacled."



"I know that you are left handed, Mr Smith, but you can use the stool like anyone else. . . ."

We would love to hear your opinion about this issue and theme. Do write to us at [deepti@i-dentitee.com](mailto:deepti@i-dentitee.com) or log on to our Facebook page at [fb.me/identiteellp](https://fb.me/identiteellp)

**Editor:**  
**Dr. Deepti Swamy**  
**Founder-Director**  
**I-dentitee LLP**

Please note that the articles are based on personal opinions and not to be considered in any other respect.