

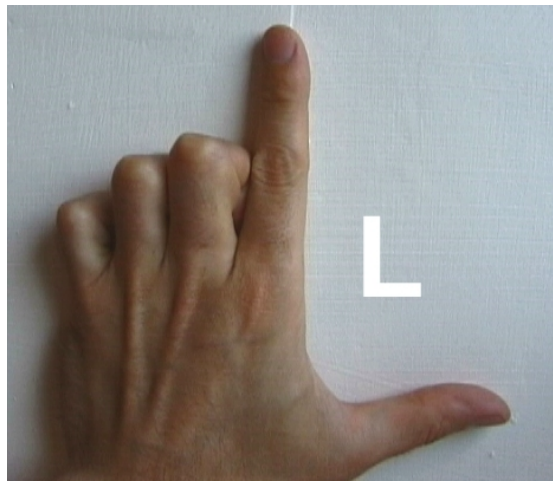
# LEFT-RIGHT CONFUSION

Many dyslexics have confusion distinguishing their left and right.

What is automatic to most people has to be thought about for the dyslexics.

Here are some simple helpful hints –

- **Look for the 'L' made by the forefinger and thumb of the left hand** – this will only be helpful if they do not have orientation difficulties and know which way round an 'L' goes.



- **Put a ring on the right hand – ring for right.**
- **You 'write with your right hand'.** But unfortunately, many dyslexics are left-handed so they need to think of another strategy.
- **Write a little R on the back of your right hand**, or make a red dot etc.
- **Learn to associate something you always wear with your right or left hand.** e.g you may always wear your watch on your left hand, or you may always wear a bracelet on your right wrist.

If you know any good strategies for remembering please email ([nessy@dyslexiacentre.co.uk](mailto:nessy@dyslexiacentre.co.uk)) them to us and we will add them to this page.