

Biting

Experts say that up to a quarter of all children will bite at some stage. We recognise that this is a tough situation for the parents if your child has been bitten or your child is biting others.

Why do some children bite?

- **Teething** – swelling gums can be painful and cause discomfort; this can be relieved by biting or chewing on something
- **Exploration** – babies and young children explore the world around them using their senses, young children do not always know the difference between gnawing on a toy and biting someone
- **Attention** – when a child is in situations where they feel they are not receiving enough attention biting is a quick way of becoming the centre of attention
- **Frustration** – children can be frustrated by several things, such as wanting to be independent and do things for themselves and not having the vocabulary to express themselves clearly. This can lead to biting as a way of dealing with this frustration

Tips for when your child has bitten:

- Stay calm
- Do not smack or bite them back
- **Intervene:** Open your eyes – look at how intense, how frequent bites are and what the triggers are.
- **Teach them it is wrong:** When the child bites, use simple but firm words.
- **Teach them to express themselves:** using words or simple signs
- **Reduce the effectiveness:** Give a firm “no”. Put your body between victim and biter and turn your back on the biter. Give the victim sympathy and the biter a clear message that this is an unproductive way of getting attention.
- **Praise them for good behaviour:** Catch the child behaving well – not biting others, playing well in groups, not biting to get his or her way – Be specific – try: “how well you’re playing” or “aren’t you kind and gentle to your friend?”.

If time-out is one of your methods, now's the time to use it.
If the bite was over a toy or treat, remove it for a short while

Sourced from:

<https://www.supernanny.co.uk/Advice/-/Parenting-Skills/-/Discipline-and-Reward/Put-a-stop-to-biting.aspx>

https://www.ndna.org.uk/NDNA/Community/myNDNA/blog/2019/children_biting_nursery.aspx