



DEALING WITH CHILDREN'S BITING - PARENT INFORMATION

Understanding Biting in Young Children

Biting is a common, though challenging, behaviour in young children. It can happen for various reasons, and understanding why it occurs is key to addressing it effectively.

Below are some common reasons children may bite:

Exploring Boundaries: Young children often bite as part of their natural exploration of the world around them. They may not understand the consequences of their actions.

Expressing Frustration: Children may bite when they're feeling overwhelmed or unable to express their emotions verbally.

Seeking Attention: Sometimes children bite as a way to get attention, whether it's to seek a response from an adult or to be noticed by their peers.

Teething: Babies and toddlers may bite to relieve the discomfort caused by new teeth coming through.

Imitating Others: Children often learn through observation, so if they see someone else bite, they might imitate it.

Overstimulation or Stress: A child who feels overstimulated by noise, too many people, or other stresses might bite as a way to cope.

What Can We Do?

Stay Calm: If your child bites, remain calm and avoid reacting with anger. This helps the child understand that biting is not an acceptable way to



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express themselves.

Acknowledge the Behaviour: Gently but firmly explain that biting hurts others and is not acceptable. Help your child understand the effect of their actions.

Provide Alternative Outlets: Teach your child other ways to express their feelings, such as using words like "I'm upset" or "I need help," or offering them a soft toy or teething ring to bite.

Reassure the Child: If your child bit because they were feeling upset or frustrated, reassure them that you understand their feelings and offer comfort and a way to calm down.

Be Consistent: Ensure that all caregivers or family members respond in the same way when biting occurs, reinforcing the importance of not biting.

What Can We Do to Prevent Biting?

Identify Triggers: Look for patterns or specific situations that may lead to biting, such as frustration over sharing toys, hunger, or feeling tired. By identifying these, you can take steps to prevent biting.

Teach Empathy: Encourage your child to express care and concern for others. Use phrases like, "How would you feel if someone bit you?" to help them begin to understand empathy.

Provide Positive Reinforcement: When your child expresses their emotions appropriately or interacts well with others, be sure to praise them to reinforce positive behaviour.



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Model Calm Behaviour: Children often imitate adults, so showing them how to remain calm in stressful situations can help them learn to manage their emotions without resorting to biting.

Keep Playtime Structured: Ensure that your child's playtime is balanced and offers plenty of opportunities for social interaction, so they don't feel overwhelmed or frustrated.

How We Support Your Child at Nursery

At the nursery, we understand that biting can be a part of a child's developmental journey. Here's how we support your child through this:

Monitoring Behaviour: We observe and document your child's behaviour, tracking when biting occurs and any patterns we see, which helps us understand the underlying causes.

Positive Redirection: When biting occurs, staff will gently redirect the child to a more appropriate behaviour, offering praise when positive behaviour is demonstrated.

Supporting Social Skills: We will engage your child in activities that promote sharing, turn-taking, and using words to express feelings. We focus on teaching social and emotional skills.

Collaborating with Parents: We believe in working closely with parents to provide a consistent approach to managing biting behaviour both at home and at nursery. Communication is key to supporting your child's development.



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How Parents Can Help at Home

Stay Calm and Consistent: Respond to biting calmly and consistently, using clear but gentle language to explain why it is not acceptable.

Teach Alternative Behaviours: Help your child understand alternative ways to manage frustration, such as using words or taking deep breaths when they feel upset.

Praise Positive Interactions: Reinforce kind behaviour by acknowledging when your child plays nicely with others or expresses themselves in an appropriate way.

Encourage Empathy: Encourage your child to understand how others feel by talking about emotions and modelling caring behaviours.

Provide Opportunities for Social Play: Give your child the chance to interact with peers in a safe and structured environment where they can practice sharing and communication.

What to Do if Biting Continues

If biting persists or becomes more frequent, it may be helpful to seek additional support. We encourage parents to have open discussions with the nursery staff to explore solutions that are consistent both at home and at nursery. Together, we can help your child develop the social and emotional skills needed to cope with frustrations and challenges in a more appropriate way.

If you have any questions or concerns about your child's behaviour, don't hesitate to speak with us. We are here to support your family and your child's development.