



Preventing Biting

Children's Developmental and Behavioural Support



Try these ideas to prevent biting:

- 1.** Stay close to your child. Shadow them when they are in the situations they might try to bite, such as playing with peers or taking turns with a toy (Stanford Medicine, 2024).
- 2.** Read books about biting that are age appropriate. Stories can help give children ideas of what else their teeth are used for (CSEFEL, n.d.).
- 3.** Keep providing your child with the words to label feelings, such as “I am mad.”, telling peers to “Stop” or requests such as “My turn” (Healthwise, 2023).
- 4.** Teach your child to be gentle. Give your child a lot of attention and praise when they use the skill (Healthwise, 2023).
- 5.** If your child bites a peer, you could say “Biting hurts,” comfort the peer and begin to take care of the bite. Your child can go gather a wash cloth or ice but avoid letting your child touch the peer as they may be fearful of another bite (PennState, n.d.).
- 6.** If your child bites you, you might say “Biting hurts” and set them down or move away from them for a short period of time. Don't bite back. This may teach them that biting is okay when angry (Stanford Medicine, 2024).

References

- Healthwise Staff. (2023). *Learning About Biting in Children*. Myhealth.alberta.ca. <https://myhealth.alberta.ca/Health/aftercareinformation/pages/conditions.aspx?hwid=ad1696>
- PennState. (n.d.). *Biting*. Extension Better Kid Care. <https://extension.psu.edu/programs/betterkidcare/early-care/tip-pages/all/biting>
- The Center on Social and Emotional Foundations for Early Learning (CSEFEL). (n.d.). *Responding to Your Child's Bite*. Vanderbilt University. https://csefel.vanderbilt.edu/documents/biting-parenting_tool.pdf
- Stanford Medicine Children's Health. (2024). *Why Children Bite*. <https://www.stanfordchildrens.org/en/topic/default?id=why-children-bite-90-P02860>

Information

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