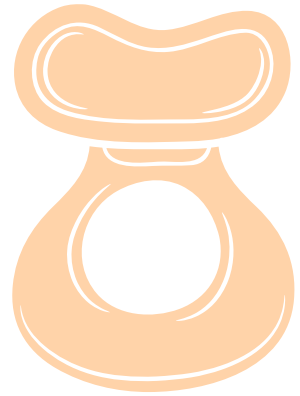


BITING

WHAT TO DO WHEN YOUR CHILD BITES

IS IT NORMAL?

Biting is completely normal! Many Toddlers go through a biting phase between 1 and 2.5-years. Research finds that biting peaks during the toddler years, but generally resolves very quickly. There's things we can do to support our child as they resolve their urge to bite.



WHY DO TODDLERS BITE?

Lots of reasons! They might be frustrated. They could be teething. They might be exploring boundaries to figure out what is and isn't appropriate behaviour. Or, just like most babies, they love oral stimulation and biting is a form of this

DO IMMEDIATELY

Separate the bitten from the biter care for the bitten (which models empathetic behaviour). Let the biter know "We don't bite. Biting hurts."

DO LATER

Talk about what feelings might have led to the bite. Suggest alternative behaviours for the next time they feel like biting.

AVOID BITING THE CHILD BACK

Please don't bite your child back. If a child is bitten back, biting is being modelled as an aggressive act. This increases the likelihood that the biting behaviour will continue in the future. Instead step away to calm yourself if you are feeling triggered. We have to put our own oxygen masks on first!

