

Biting is common in nurseries, as many children go through this **NORMAL** developmental stage in their early years.

## **Children bite for various reasons, most not intentionally malicious:**

- **Pain** - Babies often bite due to teething.
- **Exploration** - Young children use their mouths to explore, like their hands.
- **Reaction-seeking** - Toddlers bite out of curiosity to see responses.
- **Attention-seeking** - Older children may bite to gain attention.
- **Frustration** - Some bite to express themselves when words fail.

## **If Your Child is Biting: How to Discourage the Behaviour**

To help reduce biting, try the following:

- **Set realistic expectations** based on the child's abilities.
- **Maintain consistent routines** for meals and bedtime to provide stability.
- **Offer calming activities** like playdough, foam balls, bubbles, or soft music.
- **Provide safe biting alternatives** such as teething rings or chilled washcloths.

## **How to Respond if Your Child Bites**

1. **Address the behaviour immediately** - Get to the child's level and firmly say, "No biting. Biting hurts."
2. **Comfort the child who was bitten** - Use soothing words and actions: "Oh dear, that must hurt." Allow the biter to help if both children agree.
3. **Talk to the child who bit** - Maintain eye contact and use a calm, firm tone.
4. **Understand the cause** - Ask what happened and restate the rule: "Biting is not kind."

## **Things to Consider**

Observing your child's play can help you anticipate and prevent biting. Ask yourself:

- **What happened before the bite?** Watch for signals and intervene if needed.
- **Who was the child playing with?** Identify patterns in interactions.
- **What was the child doing?** Certain activities may trigger frustration.
- **Where was the child?** Environment can impact behaviour.
- **Who was caring for the child?** Supervision and responses may influence outcomes.