



Why Do Children Bite?

Writer: Mark Jones

- Oral exploration
- Teething
- Hunger or fatigue
- Lack of awareness that biting hurts
- Frustration, anxiety, stress
- Inability to express feelings or needs verbally
- Mimicking behavior
- Inexperienced peer interactions
- A way of showing affection
- A need for autonomy or control
- Exploring cause and effect relationships



What Can I Do If Biting Continues?

- Document biting in a log, noting patterns (time, child involved, area of room, activity child is doing)
- Observe for possible causes of biting.
- Say a firm, "No, Biting hurts."
- Model empathy and caring for the child who was bitten.
- Implement solutions to possible causes of biting:
 - o Provide sensory activities, teething items.
 - o Reinforce "gentle touches."