

## UNDERSTANDING BITING BEHAVIOR IN CHILDREN & HOW TO HELP



### Why do children bite?

Exploration and  
Teething

Communication  
Challenges

Attention-seeking

Frustration and  
Anger

Imitation



### How can parents & teachers help?

1. Care for the child who was bit/hurt
2. Be direct with the child who bit and use language such as “Do not bite. Biting hurts.”
3. Explore why the child bit. EX) another child stole their toy.
4. Model appropriate behavior for future scenarios



## What if a child is teething?

Teething is common for children between 6 months - 18 months. Here are ways you can support a child through teething:

- A cold, wet cloth
- Cold, soft foods like bananas and yogurt
- Teething rings and toys (necklaces are not recommended)
- Stimulate the muscles of the child's jaw by telling them to roar like a lion!

## What if a child is nonverbal?

Some children have limited language due to developmental factors. Here are ways you can support a child who has limited language or is nonverbal:

- Pay attention to triggers when biting
- Engage the child in constructive activities that use their oral muscle
- Provide the child with physical activities that allows them to express their feelings

## YOU ARE DOING AMAZING!

For more information on biting please scan the QR codes below:

