

THINGS TO KNOW ABOUT **Biting**

Biting is one of the most challenging behaviors that toddlers have. However disturbing biting may be, it is fairly common and normal for some children. Children ages 1-1/2 to 3yrs are eager to communicate, but have few words, are full of strong feelings, but haven't learned to express themselves. They are curious about how their actions can make things happen in the world around them.

HELPFUL HINTS

- ☞ Children don't automatically know that biting is painful. Telling them that biting hurts and allowing them to observe the bite mark and the crying friend will help them develop an understanding that biting is hurtful to others.
- ☞ Parents should not bite the child back.
- ☞ Watch your child. Observe when biting occurs, and look for possible trigger in order to prevent future biting behavior.
- ☞ Supervise your child carefully when he is involved in disputes with playmates.
- ☞ Stay calm, firm and clear. Working to stay calm can help children relax enough to learn from the situation.
- ☞ Avoid shaming your child. Praise your child when you see them expressing feelings in an age appropriate manner.

☛ See your Health Care Provider if biting behavior persists.



Jefferson County Public Health
Community Health Services
645 Parfet Street
Lakewood, CO 80215
303-232-6301



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