

Biting: Helpful Hints For Parents and Caregivers

Many young children go through a biting phase that is troubling to parents and caregivers. Each child is different and bites for different reasons and we often find this to be common while young children are learning to socialize. We will partner with you to navigate through this challenging phase.

We will take the following steps to provide quality care:

1. Model kindness and good behavior.
2. Redirect children.
3. Remove the biter from the situation or put extra staff in to observe.
4. First aid for hurt child.
5. Written report to each family.
6. Confidentiality of all children involved will be maintained.
7. Teachers will notify management of incident immediately.

Steps you can take to help:

- Remain calm while discussing the incident with your child
- Model gentle behavior at home
- Practice signing with your child at home. If they are incapable of verbally asking for help, signs for STOP or HELP will give the teacher warning that something may occur so that they can redirect before an incident occurs.
- Bring in a teething toy or chewy from home that the child can have if they start to get wound up. Have the teacher hand this to the child when they need to decompress.
- Keep an open line of communication with your child's teachers

In extreme cases we may need to ask a parent to withdraw a child from the center because we have been unable to diminish the biting occurrences. If the situation does come to this, we will welcome the child back after a period of time, perhaps when their language skills are better or they have reached a little more maturity. This is our last resort to solve the problem. We will work with each family individually to help ease through this phase in a healthy and efficient way.

Check out these websites:

<https://www.zerotothree.org/resources/232-toddlers-and-biting-finding-the-right-response>

<https://www.brighthorizons.com/family-resources/e-family-news/2012-biting-at-the-child-care-center>
