Help Me, I Bite!

Biting is an extremely frustrating behaviour that is hard on everyone. Children want to function well but given their limited resources it is often hard for them to know what to do.

Why Children Bite…

Exploration, Attention, Imitation, Independence, Frustration
Biting is a way to express feelings and relieve tension
It is a natural developmental stage that many toddlers go through

What Can We Do?

⇒ Observe - when did it happen, who was involved, where did it happen, what happened before and after and how was it handled?
⇒ Is the child getting enough sleep and nourishment?
⇒ Spend time and focus on the positive things the child is doing.
⇒ Use sensory activities - play dough, sand, water play, bath tub
⇒ Encourage the use of words or other forms of communication with peers.
⇒ Allow child to make some choices or direct a situation

City of Stratford Children's Resource Consultant Program

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