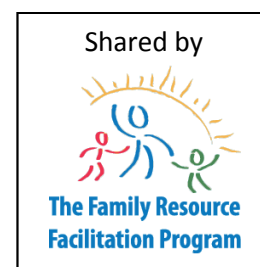


Tips on how to STOP children from BITING!

- 1. Try to intervene or distract the child and say 'no bite' firmly, but CALMLY, if she/he is about to bite.**
- 2. Keep an extra eye (SHADOW the child) on the child for a few days, but making sure that you are not giving the child extra attention.**
- 3. Say 'no' or 'no bite' firmly, but calmly, if she does bite.**
- 4. If the child does bite or is about to bite move him/her away from the other child and help them start playing in another part of the room to distract them.**
- 5. Provide some praise and positive attention when she/he isn't biting and playing nicely. ("I see that you are playing nicely with your friends in the block area").**
- 6. Keep to a good routine all day, including meals, naps, and playtime.**



WHY is the child biting?

- a. Is she overtired?
- b. Is she teething?
- c. Did another child try to take her toy?
- d. Is anything going on at home that has her out of her routine that you could fix?

- Biting is normal behaviour or phase for most younger children, which is the most important thing for parents to know.
- Younger children often bite when they are teething, overtired, jealous, frustrated, mad, etc. or simply see what happens when they bite, which is especially true of infants and younger toddlers, who may just be experimenting and exploring their world.
- **BE CAREFUL NOT TO OVERREACT!** When your child bites, which can reinforce the biting because your child gets excited about the reaction it brings about.
- **DO Not bite back! Do not YELL or punish the child.**