

Biting

A child might bite because they are:

- Teething;
- Exploring things and people – babies and toddlers use their mouths to explore;
- Frustrated, excited or angry and don't have the words to express themselves;
- Seeking connection from an adult;
- Over tired;
- Responding to another child's aggressive behaviour;
- Copying others;
- Worried or anxious about a change in their life like a new baby or house move; or
- Interested in the reaction they get and don't understand it causes pain.



How to support a child who is biting:

- **Have lots of safe objects for biting** - for example teething rings or crunchy snacks (like plain crackers, carrot sticks or apple pieces).
- **Give your child some simple choices** for example "red top or blue top?", "apple or banana" will give them a sense of control. This may help reduce biting.
- **Make time for active play every day** - go to the park, play in the garden or put some music on and dance.

Links to EYFS CL, PD, PSED

SEND Code of Practice C&I, SEMH

Parental Section: Using strategies at home.

- To contact the Health Visitor if the biting continues for a period of time.
- To purchase a chewy buddy (these are a plastic object that the children can use to bite on).

