

# Exploring

**children's social-emotional wellness**

*a tipsheet for parents and caregivers*



Capital District  
Child Care Council

## Preventing Biting Behavior

Biting occurs for a variety of reasons; developmental, environmental, and emotional. As caregivers, being aware of these reasons will help to reduce the risk of biting.

### Some Environmental Causes:

- Overstimulation
- Crowded spaces
- Rigid schedule

### An effective strategy for the environment:

Provide cozy spaces away from the group.

*Sometimes children need their own space; a place to take a rest; or the opportunity to watch the group from a distance.*

*Providing this cozy space will indirectly guide the child back to the group at their own pace.*

### Some Developmental Causes:

- Teething
- Sensory Exploration
- Developing Independence

### An effective strategy to support the developmental stage of the child:

*Provide varied sensory experiences. Support teething needs with cold, washable teething toys that are available throughout the day. Give choices during the day to support children's developing autonomy.*

### Some Emotional Causes:

- Frustration
- Anxiety
- Curiosity
- Excitement

### An effective strategy to support children's emotional development:

*Reduce frustration by having duplicates of popular toys and well planned transitions that reduce waiting times.*

Respond to biting by remaining calm, yet firm and focus attention on the injured child. Use brief words to express to the biting child that "biting hurts."

Biting is upsetting for all that are involved.

The Capital District Child Care Council has many resources available to assist parents and caregivers. For more information, call 518 426-7181.

**Understanding  
is the first step  
to preventing  
biting**



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518 426-7181 [www.cdcccc.org](http://www.cdcccc.org)