

Why Do Children Bite?

At about one year of age, your child may go through a stage when she will try to bite other people. She may be teething and trying to make her gums feel better. Sometimes your child may bite because she is tired or tense.

As your child gets older, you may find that biting is still a problem. Watch your child to see what causes her to bite. Does your child bite when:

- She is angry and unable to talk about her feelings?
- She has been spanked or punished a lot?
- She is jealous of the new baby?
- She is in a large group of children?
- She has to share her toys?



What You Can Do If Your Child Bites

- If your child bites someone, move her to a quiet, safe place and let her calm down.
- Tell your child, "You are biting. Biting hurts. I cannot let you bite."
- You can teach your child better ways of showing anger. Tell her that when she is angry she can say: "Stop that!," "Go away!," or "I don't like that!" instead of biting.
- Do not bite your child back. Showing your child more bad behavior will not teach her how to be good.

**The Guiding Childhood Behavior Series
has pamphlets on the following topics:**

- biting
- crying
- discipline
- going to the store
- lying
- stealing
- teaching independence
- temper tantrums
- toilet training

**Contact the Kent County Health Department
if you would like to know more about these or
other childhood behavior topics.**

**Kent County Health Department
700 Fuller Avenue NE
Grand Rapids, Michigan 49503
(616)336-3040**

Copies of this brochure are available on the Kent County
Health Department web site at
www.co.kent.mi.us/health/publications.htm

BITING

Guiding Childhood Behavior Series



This pamphlet tells you:

- why your child may bite.
- what you can do if your child bites.