

How to Help Your Child Stop Biting

Brooke Brogle, Alyson Jiron & Jill Giacomini

It is very common for a child to bite others at some point during their early years. When children do not have the skills or vocabulary to express their feelings, they might engage in a behavior, such as biting, as a way to let you know how they feel. Children might bite for a variety of reasons:

- **Frustration** – she might bite because she wants her toy back or because her sister is sitting too close to her.
- **Lack of play skills** – she might bite because she feels overwhelmed by the proximity of other children or expectation to share toys.
- **Attention** – she might bite because biting causes a big reaction from adults. Biting can result in adults interacting with the child or gaining the adult's attention.
- **Teething** – she might bite to relieve pain from new teeth coming in.
- **Overwhelming emotions** – she might bite because she does not know how to express emotions when she is hungry, tired, scared or anxious.

The important thing for you to remember when biting occurs is to stay calm with your actions and words and first try to figure out the reason WHY the biting happened. For example, if your child bites you when your attention is focused on another person in the room, you might think your child bit you to get your attention. Once you understand the reasons why your child bites, you can teach her a new way to express her feelings or requests during situations when she is likely to bite. It takes time, patience and repeated practice, but once she has mastered the skills needed to appropriately express her feelings, biting and other challenging behaviors will decrease.



Try This at Home

- If your child is biting out of frustration, you can say, "You are so frustrated. You want that toy." Teach your child simple words such as "mine" or "no." Teach some basic sign language or gestures for things like "help" or "stop."
- If your child is biting because she lacks play skills, join her in play by sitting on the floor and coaching her. She might need guidance to learn and practice how to join play, take turns, share, communicate with other children, and get help if she needs it. For example, if another child tries to take her doll, you might say, "Molly thinks your doll looks fun. She wants to play too. Can we show Molly where the other dolls are?"
- If your child is biting to get attention, keep your reaction non-emotional, short, and as uninteresting

as possible to avoid teaching him that biting has a big effect on the adult. An adult's big reaction can be reinforcing for the child. Instead, teach your child appropriate ways that he can get attention, such as tapping you on the shoulder, and then reward him when that behavior occurs. For more information on how to teach this skill, refer to the Backpack Connection handout "How to Teach Your Child to Appropriately Get Your Attention".

- If your child is biting because he is teething, offer crunchy healthy foods such as crackers or pretzels throughout the day. Give him a teething ring or cloth to chew on. Chilled teethingers can also soothe sore gums.
- If he is biting at times when he feels overwhelmed by anger, frustration or disappointment, you can teach him about emotions and ways to deal with them in order to reduce, or eliminate, the biting behavior. You can use books about emotional literacy as teaching tools. You can also help him to identify and label his own emotions or others emotions as they are being experienced. For more information on teaching your child about emotions, refer to the Backpack Connection handout "How to Help Your Child Understand and Label Emotions".



Practice at School

When a child bites at school, teachers immediately help the child who has been hurt. By first attending to the hurt child, teachers are not giving attention to the child who bit. This lets the child who bit know that if she wants to get someone's attention, this way did not work. Teachers also include the child who bit in caring for the hurt child as much as possible. This may include letting her get an ice pack, carry a bandage, offer a hug, hold his hand or bring him a stuffed animal. By including her, she is seeing the result of her actions, learning how to solve problems and help friends. After the situation has calmed down, teachers might talk about what happened and offer ideas on what she can do the next time she feels like biting. Teachers might also put books in the library about biting to read.



The Bottom Line

Biting is a common behavior for very young children, but one that must be addressed immediately. Children might bite when they feel overwhelmed by an emotion and do not have the words or skills to tell someone or ask for help. Parents can watch and learn when their child is likely to bite (during play dates with friends, when left alone with a sibling, when teething, etc.) and then teach their child a new skill to replace the biting behavior.

WATER PLAY
MAY – SEPTEMBER

COMMUNITY PLAY DATE

Under 5's

.....
EVERY 4TH WEDNESDAY OF THE MONTH

From 9:00am – 10:30am

The Children's Center

5650 S. Washington Ave.,

Titusville 32780

RSVP to Mary: 321-292-1370

SPACES ARE LIMITED!



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EARLY STEPS PLAYGROUPS

LET'S PLAY TOGETHER

Inclusive for Ages 0-3

1st Wednesdays Cocoa Library 10am-11am
2nd Fridays Titusville Children's Center 9am – 10am
3rd Fridays Palm Bay Library 9:30am – 10:30am
3rd Mondays My Gym Viera 12:30-1:30pm ***
4th Fridays Wee Warriors Melbourne 11:30am-12:30pm ***
jointly with Deaf/Hard of Hearing Group
4th Mondays Play Space Canaveral 9am-10am***
4th Wednesdays Community Playgroup (Ages 0-5)
Titisvulle Children's Center 9am-10:30am
*** Current Early Steps Families Only



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31 May, Sensory Sensitive Play at 2:00 PM

Cocoa Village Playhouse



*For free tickets for up to a family of 4:
Contact Child and Family Consultants: 321-768-6800



<https://fun4spacecoastkids.com/>

Check out this site for lots of events,
groups, activities, clubs and more!

+ ADMINISTRATIVE VOLUNTEER NEEDED

Administrative volunteer position that provides an opportunity for personal growth, community involvement, and skill development



The logo for 'early steps Space Coast'. 'early' is in blue, 'steps' is in green, and 'Space Coast' is in blue. There are green leaf-like shapes around the word 'steps'.

SEND YOUR INFO TO:
JILL.HACKET@SPACECOASTES.ORG

🔔 Join Our Volunteer Fam! 💖 ✨

Space Coast Early Steps is looking for **Clerical Volunteer Superstars** 🌟 to help with fun and meaningful office tasks! This is a great chance to give back, grow your skills, and make a difference in your community 🧡💻

💡 **Note:** This is an **intermittent** volunteer position

Here's what you might do:

☎ Answer phones with a smile

📄 Copy, scan, sort & file important docs

📁 Create packets & event materials

📝 Update call/email lists

💻 Light data entry (Excel/Word)

🧸 Sanitize toys & gear

📦 Help with deliveries

📖 Add stickers to books, pamphlets & more!

Perfect for kind-hearted, organized folks who want to help out when they can 🌟

Ready to pitch in and spread the love? 💖 🔄

Partners in Policymaking is a PREMIERE advocacy and leadership training program for people with developmental disabilities and parents of children with developmental disabilities. Join this elite force of systems change agents by applying TODAY. It'll be one of the biggest life changing decisions you've ever made!

Applications are being accepted now until JUNE 30, 2025.

This program is **IN PERSON** – ALL TRAVEL COSTS TO ORLANDO WILL BE COVERED BY THE FLORIDA DEVELOPMENTAL DISABILITIES COUNCIL.

What YOU get out of becoming a Partner in Policymaking:

- Join an elite group of Florida advocates
 - Learn the advocacy and leadership skills to make REAL change happen.
 - Hear from and interact with national experts on disability issues including education, legal & civil rights, inclusion, employment, housing, transportation, etc.
 - Acquire knowledge on how to influence legislators, school board members, county commissioners, etc.
 - Attend DD Day in Tallahassee where you get first-hand experience of what systemic advocacy looks and feels like.
 - Learn how to speak up for yourself and others in a way you never thought you could!
 - Receive a certificate of graduation from a vetted and premiere international advocacy training program.
 - Discover the secret stuff that systems wish you didn't know!
- ... and so much more!

Parents of children w developmental disabilities and adults w developmental disabilities -
BECOME AN ADVOCATE AND SYSTEMS CHANGE AGENT!!

More info and the application can be found at:

<https://www.fddc.org/partners-in-policymaking/>

SUNDAY, MAY 4, 2025 | VIERA, FL



Eat My **CRUST** **5K**

**VIERA'S
FAVORITE
PIZZA 5K!**

REGISTER ONLINE AT EATMYCRUST5K.COM



SUNDAY, MAY 4 5K
VIERA HIGH SCHOOL | 7:00AM

- Super Cool Course. It's Fast!
- Pizza Finisher Medals for Everyone.
- Individual & Team Awards.
- Win a Golf Cart!
- Tons of Pizza, Fun, Prizes + Surprises.

ALL AGES. ALL PACES. RUN IT. WALK IT.



**IT'S THE 5K WHERE
YOU CAN EAT ALL THE PIZZA
& WIN A
GOLF CART!**

**100% of race proceeds will benefit
Viera High School Athletics**



Register today: EatMyCrust5K.com





SAVE THE DATE!



2 AUGUST 2025
Melbourne Auditorium





1st Sunday Morning of Each Month

9am to 11am

2250 W Coastal Ln, West Melbourne, FL 32904

Chuck E. Cheese's now offers a sensory-friendly experience on the *first* Sunday of every month. Our trained and caring staff is there to make sure families who have children with special needs have a fun filled visit.



BREAKFAST SUPPORT GROUP

Please join us for resources, friendship and support. We will share our journey together!
Food and/or drinks available for purchase.

All ages welcome!

Friday, June 6th, 2025

Cracker Barrell Old Country Store

1175 Palm Bay Rd NE,

Melbourne. FL 32905

Space Coast Early Steps C.A.T.C.H. of Brevard

Community Access to Child Health of Brevard, Inc.
Early Intervention Services for young children with
special developmental needs

For more information or referral contact:

1264 Rockledge Blvd., Suite 104
Rockledge, Florida 32955
Ph: (321) 634-3688 Fax: (321) 504-0955

Funding provided by IDEA and Florida Dept. of Health

VISIT OUR WEBSITE:

<https://www.spacecoastes.org/>



**OUR OFFICES WILL BE CLOSED ON MONDAY,
MAY 26TH, 2025
IN OBSERVANCE OF MEMORIAL DAY**



Mary Cancel
Family Resource Specialist/Family Advocate
Space Coast Early Steps
1264 Rockledge Blvd., Suite 103
Rockledge, FL 32955
Mary.Cancel@spacecoastes.org
Cell (text or call): (321) 292-1370

<https://www.facebook.com/Space-Coast-Early-Steps-101089132406421>

