

## **Virtual Kit: What To Do About Biting**

### **Kit QT**

Biting is one of the most frustrating behaviors of normal child development. The approximate number of biting incidents in a day care setting with a full-time enrollment of 60 children under three years of age approaches one biting episode per day, of which approximately one every 8 to 10 weeks would break the skin (Pediatrics & Child Health, 1998). While not all children bite, many do for a variety of developmentally appropriate reasons including overstimulation, frustration, and maybe because it feels good. Parents of the bitee and the biter want action and teachers often feel guilty and helpless in stopping the behavior. This Virtual Kit provides resources for child care providers to help them understand and deal more effectively with biting in child care.

### **SHOW ME NOW – I NEED IT TOMORROW**

These are great resources for providers and parents.

[All About Biting](#)

[Reality Bites: Biting at the Centers Parts I and II](#)

[Responding to Your Child's Bite](#)

[Toddlers and Biting: Finding the Right Response](#)

[Understanding and Responding to Children Who Bite](#)

### **WHAT DOES THIS LOOK LIKE IN PRACTICE? - I HAVE A LITTLE MORE TIME TO READ ABOUT THIS**

[A Bite in the Playroom: Managing Human Bites in Day Care Settings](#)

[Dealing with Biting Behaviors in Young Children](#)

[Strategies for Understanding and Managing Challenging Behavior in Young Children](#)

### **WHAT DOES THE ECRC HAVE ON THIS TOPIC?**

Below are selected resources from the Early Childhood Resource Center. For additional related resources [go to the KITS Early Child Resource Center and click on ECRC catalogue](#), or call (620) 421-6550 ext. 1638 for personal assistance.

Diffily, D., & Morrison, K. (1996). Family-Friendly Communication for Early Childhood Programs. Washington, DC: National Association for the Education of Young Children.

Essa, E. (2003). A Practical Guide to Solving Preschool Behavior Problems. Clifton Park, NY: Thompson Delmar Learning.

Hewitt, D. (2011). So This Is Normal Too? Teachers and Parents Working Out Developmental Issues in Young Children (2nd ed.). Redleaf Press.

Kaiser, C. (1982). I Worry About Behavior Management: Young and Special Young and Special. AGS Media.

Kinnell, G. (2008). No Biting: Policy and Practice for Toddler Programs (2nd ed.). Redleaf Press.

Lansbury, J. (2014). No Bad Kids: Toddler Discipline Without Shame. CreateSpace Independent Publishing Platform.

Mitchell, G. (1993). HELP! What Do I Do About...? Scholastic, Inc.

Whitham, C. (1991). Win the Whining War & Other Skirmishes, A Family Peace Plan. Perspective Publishing.

### **HOW CAN I FIND TRAINING MATERIALS ON THIS TOPIC?**

KCCTO Inc. Online Training Courses at [www.kccto.org](http://www.kccto.org)

Behavior and Guidance

FLIP IT!

Infant/Toddler Individualized Intervention: Determining the Meaning of Behavior and Appropriate Responses

Infant/Toddler Responsive Routines, Environments and Targeted Strategies to Support Social Emotional Development

Infant/Toddler Social Emotional Development within Relationships

Play: Problems and Interventions

The Care Course School, Inc. (Online) Biting Hurts! <https://www.carecourses.com/Ecommerce/CourseDetail.aspx?ItemID=322>

### **WHAT IF I STILL NEED HELP?**

You may request technical assistance from the KCCTO-KITS Infant Toddler Network Specialists by calling the KCCTO office at 800-227-3578.

## **IF YOU THOUGHT THIS KIT WAS HELPFUL, YOU MIGHT ALSO LIKE...**

[A Child Who Can't Behave Should Be Taught!](#) (3-5 Year Olds)

[Creating Environments to Support Positive Behavior](#)

[Developmentally Appropriate Practice Virtual Kit \(2012\)](#)

[Developmentally Appropriate Practice TA Packet](#)

[Positive Behavior Intervention and Support \(PBIS\) in Early Childhood Settings](#)

## **EVALUATION**

Please take a minute to complete a brief survey to let us know what you think about this virtual kit, and what other topics you would like to see addressed in the future. <https://www.surveymonkey.com/r/ZCPV2BB>

## **REFERENCES**

Banks, R., & S. Yi. (2007). *Dealing with Biting Behaviors in Young Children*. Clearinghouse on Early Education and Parenting. Retrieved from <http://ceep.crc.uiuc.edu/poptopics/biting.html>

Brogle, B., Jiron, A. & Giacomini, J. (2013). *How to Help Your Child Stop Biting*. Retrieved from [http://challengingbehavior.fmhi.usf.edu/do/resources/documents/bkpk\\_biting.pdf](http://challengingbehavior.fmhi.usf.edu/do/resources/documents/bkpk_biting.pdf)

The Center on the Social and Emotional Foundations for Early Learning. *Responding to Your Child's Bite*. Retrieved from [http://csefel.vanderbilt.edu/documents/biting-parenting\\_tool.pdf](http://csefel.vanderbilt.edu/documents/biting-parenting_tool.pdf)

Greenman, Jim, and Anne Willis Stonehouse. Reality bites: Biting at the center-Part 1. *Child Care Information Exchange* (1994): 85-85. Retrieved from <https://cdc.uni.edu/sites/default/files/biting.pdf>

NAEYC. *Understanding and Responding to Children Who Bite*. Washington, DC: NAEYC. Retrieved from <http://families.naeyc.org/learning-and-development/child-development/understanding-and-responding-children-who-bite>

Paediatrics & Child Health (1998). A bite in the playroom: Managing human bites in the day care setting. *Canadian Pediatric Society* 3(5):351-353. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2851373/>

U.S. Department of Health and Human Services, Administration for Children and Families, Administration on Children, Youth, and Families, Head Start Bureau. First Printing 2006. *Strategies for Understanding and Managing Challenging Behavior in Young Children: What is Developmentally Appropriate and What is a Concern?* Technical Assistance Paper #10.

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[http://eclkc.ohs.acf.hhs.gov/hslc/hs/resources/ECLKC\\_Bookstore/PDFs/TA10%5B1%5D.pdf](http://eclkc.ohs.acf.hhs.gov/hslc/hs/resources/ECLKC_Bookstore/PDFs/TA10%5B1%5D.pdf)

Zero to Three. Toddlers and Biting: Finding the Right Response. Retrieved from

<https://www.zerotothree.org/resources/232-toddlers-and-biting-finding-the-right-response>