



Biting Policy

Understanding Biting in Young Children

Although not all toddlers and young children bite, biting is considered a normal stage in a child's development. Children may bite for various reasons, rarely with the intent to hurt another child. Karen Miller, author of *Things to Do with Toddlers and Twos*, suggests that toddlers may bite due to:

- **Teething:** Toddlers who are cutting teeth may bite to relieve pain.
- **Sensory Exploration:** Toddlers use all their senses to learn about the world, and oral exploration continues into toddlerhood.
- **Cause and Effect:** Biting often elicits a dramatic and immediate response, reinforcing cause-and-effect learning.
- **Communicating & Expressing Feelings:** Biting, like screaming or crying, can be a way for children to express emotions such as anger, frustration, joy, or even love.

Preventative Measures

At Little Cygnets Childcare, staff are committed to providing a stimulating environment and structured daily programme to reduce the likelihood of biting incidents. We implement the following strategies:

- Providing access to teething toys.
- Engaging children in sensory exploration activities.
- Offering opportunities to explore cause and effect safely.
- Providing options and alternatives to reduce frustrations.

Responding to Biting Incidents

When a biting incident occurs:

1. **The child who has been bitten** is immediately comforted, and a first aid-trained member of staff attends to the affected area.



2. **The child who bit** will be calmly spoken to at their level of understanding. If they have the cognitive ability, they will be gently reminded that biting is not acceptable and guided towards positive social interactions.
3. If the child does not have the cognitive understanding and the behaviour is sensory-seeking or communicative, strategies will be discussed with all stakeholders, and a plan will be put in place to prevent recurrence.

Communication with Parents

- In line with our **Confidentiality Policy**, parents/carers are not informed of the name of the child who bit their child.
- Parents/carers of the child who bit are informed, and strategies are agreed upon between the practitioner and parent to help prevent further incidents.
- An **incident form** is completed for all biting incidents.

Our Approach

We recognise that learning their child has been bitten can be distressing for parents/carers. However, we also acknowledge that biting is a natural part of child development. Despite our best efforts to prevent biting, occasional incidents may still occur. Our focus remains on promoting positive behaviour, supporting children's emotional development, and working closely with families to ensure consistency and understanding.

Signed (Jessica Burns): Jessica Burns

Signed (Scott Marshall): Scott Marshall

Review Date: March 2026