



# 3 helpful hints for dealing with a biter

by Always Growing You



## 1 Identify triggers and patterns

It is essential that you understand the underlying causes.

- Observe the child's behaviour to identify any triggers or patterns that lead to biting incidents. Is it frustration, lack of communication skills, a need for attention or something else?
- Talk to the child's parents or guardians to gather additional insights and collaborate on addressing the issue together.

## 2 Implement positive reinforcement and teaching

It is best to use positive behaviour support techniques.

- Encourage and praise the child for appropriate behaviour and non-aggressive ways of expressing their needs or emotions.
- Teach the child alternative ways to communicate their feelings, such as using words or gestures to express themselves effectively.

## 3 Maintain consistent communication and supervision

Clear communication and consistency is key

- Ensure constant supervision to prevent biting incidents and intervene immediately when you notice any signs of aggression.
- Communicate with the child, calmly explaining the consequences of biting and encourage them to make amends.
- Keep open lines of communication with the child's parents or guardians, providing regular updates on the child's behaviour and progress, and seeking their input on strategies that work at home.

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