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Description automatically generated**NH Preschool Technical Assistance Network**

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**Biting Protocol**

1. Prevent biting whenever possible. Try to become very aware of the child's increased muscle tone just prior to his biting.  When you see his tone increasing 'swoop in' and redirect him, preventing a bite from occurring.
2. Respond to biting the same way every time: Place hands firmly on the child’s arms (to obtain eye contact and to provide tactile input) and say, "No - No Biting - Biting Hurts-we don't bite our friends" and then redirect to an activity (“come on – let’s go check out a new book we got in the library center”).  There should be no further discussion about the biting at this point.
3. Engage the child in a new activity. Provide specific, positive feedback as quickly as possible to teach the child positive behaviors (“You shared the book with Timmy. That was a very friendly thing to do!”)
4. Another adult attends to the child who was bitten with care and sympathy, but no blame expressed regarding the child who bit.
5. Provide lots of opportunities for oral motor stimulation like teething rings, frozen face cloths, very chewy foods, etc.
6. Keep track of the number of bites that occur each day - be sure to celebrate any decrease that occurs!
7. Share these strategies with the child's parents and encourage them to use the same approach at home.

You can also talk about 'no biting' during other times in the day - in brief, matter of fact ways.  And there are some good children's books that you can read during story time, like "Teeth are not for biting" and "No Biting" [do a search on Amazon books - "biting"].