





Biting and other aggressive behaviors are very frustrating for parents, children, and teachers alike! Use the guide below to understand why it's happening, and some possible solutions.

Behavior	Why?	Possible Solutions
<p>Biting</p>  <p>DO NOT BITE BACK!!</p>	<p>Discomfort from teething Frustration in trying to express themselves Hungry Angry Lonely Tired (HALT) Overcrowding/ over-stimulation Attempts at interactions with other children Imitating other's behaviors</p>	<p>Say, "Ouch, that hurts. Do not bite _____. Touch gently, but no biting!" Provide a cold teething ring Provide the child with the words Food Opportunities to calm down Comfort and Attention Sleep Separate children for a while and provide a calmer environment Make sure there are enough toys to go around Model appropriate problem solving behaviors. Provide the children with words and alternative actions Redirect them to another activity</p>
<p>Spitting</p>  <p>DON'T SPIT BACK OR SAY, "THAT'S GROSS!"</p>	<p>To get a reaction Frustration in trying to express themselves Hungry Angry Lonely Tired (HALT) Overcrowding/ over-stimulation Attempts at interactions with other children Imitating other's behaviors</p>	<p>Say, "Your spit/ saliva stays in your mouth. If you want to spit, you may do so in the sink." Show the spitter where they may spit Have spitter clean up his/ her saliva Reinforce the appropriateness of spitting during teeth brushing If the spitter spits into food or drink, remove it as a logical consequence for their behavior.</p>
<p>Hitting, kicking, pushing, punching, pinching other children</p>  <p>DO NOT ENCOURAGE YOUR CHILD TO FIGHT BACK.</p>	<p>Over excitement To get a reaction Frustration in trying to express themselves Hungry Angry Lonely Tired (HALT) Overcrowding/ over-stimulation Attempts at interactions with other children Imitating other's behaviors Defending themselves Bullying Taught to 'fight back' at home Older siblings/ parents play 'rough' Lack of success or satisfaction in daily events and tasks Reaction to rigid discipline or physical punishment</p>	<p>Say, "You hurt _____ when you hit him/ her. No hitting! Use your words. Tell him/ her stop/ no/ etc" Provide plenty of non-violent physical activity. Make sure children experience some level of success throughout the day. Don't model aggressive behaviors, or threaten children with them. Provide opportunities to calm down before talking to your child. Stop 'rough play' with older siblings/ parents Teach children the words to express their emotions Provide attention and praise for children's positive behaviors. Encourage children to make amends</p>
<p>Hitting, kicking, pushing, punching, pinching adults</p>  <p>DO NOT FIGHT BACK!</p>	<p>To get a reaction Frustration in trying to express themselves Hungry Angry Lonely Tired (HALT) Overcrowding/ over-stimulation Attempts at interactions with other children Imitating other's behaviors Responses learned from other adults Child is angry at what is perceived as unfair Controlling behavior Temper tantrum</p>	<p>Say, "Stop! You may not hit me. Stop now!" Do not back away from your child, as this will give away your authority. Gently restrain your child, if necessary, from behind Do not threaten or negotiate Talk to your child after they have completely calmed down Provide verbal alternatives to hitting or other aggressive behaviors.</p>



Hot Tips

- Look for the cause of the behavior and work on minimizing that, instead of the behavior.
- Look to yourself. Did you cause it? Are you modeling it?
- Don't respond with the same aggressive behavior – your child will continue to imitate you! Just the opposite of what you are trying to achieve!
- Be patient. This developmental stage will go away if handled appropriately!