







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><b>Biting</b></p>  <p><b>DO NOT BITE BACK!!</b></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><b>Spitting</b></p>  <p><b>DON'T SPIT BACK OR SAY, "THAT'S GROSS!"</b></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><b>Hitting, kicking, pushing, punching, pinching other children</b></p>  <p><b>DO NOT ENCOURAGE YOUR CHILD TO FIGHT BACK.</b></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><b>Hitting, kicking, pushing, punching, pinching adults</b></p>  <p><b>DO NOT FIGHT BACK!</b></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!