

Glad You Asked: Why do young children bite and how should I respond?

While it can be very shocking to learn that your child has bitten another child, or that your child has been bitten by another child, this behavior is very typical among infants and toddlers. There are a number of developmental explanations for why biting occurs, and a variety of strategies to address and prevent the behavior. Please explore the following resources and if you have particular concerns, talk with your Center Director.

- ▶ At Bright Horizons, when we observe biting behavior at our centers, we see this as an opportunity to understand children, express empathy, and find individual solutions tailored to each child's needs—and you can, too. Learn more in this article: [**Tips to Help Children Who Bite**](#)

Additional Resources

- ▶ NAEYC provides step-by-step instructions for how to react when your infant or toddler bites: [**Understanding and Responding to Children Who Bite**](#)
- ▶ ZERO TO THREE discusses preventions and in-the-moment strategies for when biting occurs: [**Toddlers and Biting: Finding the Right Response**](#)

