



# Biting Policy

Bijou Day Nursery & Crèche, Cowbridge

**Policy owner:** Nursery Manager / Rheolwr y Feithrinfa

**Version:** 2.0

**Last reviewed:** June 2026 / Mehefin 2026

**Next review:** June 2027 / Mehefin 2027

**Approved by:** Samantha Rennison, Responsible Individual / Unigolyn Cyfrifol

## 1. Policy Statement

Bijou Day Nursery & Crèche understands that biting is a common developmental behaviour in young children, particularly those under three. It is not a reflection of 'bad' behaviour or poor parenting. We deal with biting incidents calmly, consistently, and sensitively, keeping the well-being and safety of all children at the centre of our response.

This policy complies with the Child Minding and Day Care (Wales) Regulations 2010 (Regulation 20 — Behaviour), the National Minimum Standards for Regulated Childcare (2016), and reflects the Curriculum for Wales emphasis on well-being. CIW expects settings to manage biting through positive strategies, never through punitive responses.

## 2. Understanding Why Children Bite

Young children may bite for many reasons, including:

- **Teething pain** — exploring with their mouth to relieve discomfort
- **Exploration** — very young children explore the world through their mouths
- **Frustration** — limited language skills mean they cannot yet express their feelings in words
- **Attention-seeking** — testing cause and effect or seeking a response
- **Sensory input** — some children seek oral sensory stimulation
- **Tiredness, hunger, or overstimulation** — when coping mechanisms are overwhelmed
- **Anxiety or stress** — changes at home, new sibling, starting nursery

## 3. Our Response

### 3.1 Immediate Response

- Staff attend to the **child who has been bitten first** — offering comfort and first aid (cold compress, cleaning the wound if the skin is broken)
- The child who has bitten is removed calmly from the situation and told firmly but kindly: "No biting. Biting hurts."
- The child who has bitten is not shouted at, punished, or shamed
- Both children are then given attention and reassurance

### 3.2 Recording & Reporting

- A full accident/incident record is completed for both children
- Parents of **both** children are informed on the same day — the biting child's identity is not shared with the bitten child's parents (and vice versa), in line with confidentiality requirements
- The incident is discussed with the key person and room leader to identify any patterns or triggers

### 3.3 Ongoing Management

- If biting becomes persistent (3 or more incidents), staff develop a biting action plan in partnership with parents, which may include: closer observation, identifying triggers, providing sensory alternatives (teething rings, chewy tubes), adjusting routines, or seeking advice from a health visitor
- The action plan is reviewed regularly and adjusted as needed
- All staff in the room are aware of the plan and their role in implementing it

## 4. Prevention Strategies

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- Adequate staffing ratios to ensure close supervision
- Careful observation to identify early signs of frustration or conflict
- Providing a range of sensory resources and teething aids
- Teaching children simple sign language or words to express their needs ("more", "mine", "help")
- Creating a calm, predictable environment with spaces for children to retreat if overwhelmed
- Ensuring children are not overtired, hungry, or overstimulated

## 5. Staff Training

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- Staff are trained to understand biting as a developmental phase, not a behavioural problem
- Training covers prevention, response, and communication with parents

## 6. Related Policies

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- Behaviour Management Policy
- Promoting Positive Behaviour Policy
- Accident & Incident Policy
- Safeguarding & Child Protection Policy