Why Kids Bite
By: Sunshine House Early Learning Academy

Biting is a normal characteristic seen in infants, toddlers, and 2-year olds. As children mature, gain self-control, and develop problem-solving skills, they usually outgrow this behavior. Some children bite instinctively, because they have not developed self-control.

Children bite in order to cope with a challenge or fulfill a need. For example, your child may be biting to express a strong feeling (like frustration), communicate a need for personal space (maybe another child is standing too close) or to satisfy a need for oral stimulation.

A child might bite to:
• Relieve pain from teething.
• Explore cause and effect (“What happens when I bite?”).
• Experience the sensation of biting.
• Satisfy a need for oral-motor stimulation.
• Imitate other children and adults.
• Feel strong and in control.
• Get attention.
• Act in self-defense.
• Communicate the needs and desires, such as hunger or fatigue.
• Communicate or express difficult feelings, such as frustration, anger, confusion, or fear.

To set the stage for effectively and appropriately addressing this challenge, avoid calling or thinking of your child as a “biter” and ask others not to use this term. Labeling children can actually lead to them taking on the identity assigned to them, which can intensify biting behavior rather than eliminating it.

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**Caterpillars/Buttercup Butterflies**

For the month of July, the babies are going to use red, white and blue colors to celebrate Independence Day. As well as working on standing up by holding on to furniture. The month of July is all about sensory and gross motor skills.

In the month of July, the Buttercups will engage in many summer activities. We will also work on strengthening our writing skills, and using our words with our peers.

- Meme, Ms. Graciela & Ms. Cynthia

**Pixie Butterflies**

For the month of July, we will be learning about the colors red, blue, yellow, and orange and foods of those colors. We will also learn about the Fourth of July and start gearing up for the new school year!

- Ms. Megan K. & Ms. Joanne

**Elf Butterflies**

Happy July Elf Butterfly Families! This month we will continue our summer fun with having a different study for each week based off our students interests. Dinosaurs, ice cream and planets will be some of the topics we will be focusing on. Along with our studies we still have our cooling water days and relaxing movie days throughout the month.

- Ms. Keyanni & Ms. Felicity

**Julia Butterflies**

Hello Julia Butterfly Families, during the month of July we will be learning all about Independence Day, dinosaurs, fairytales and ice cream. We will continue doing movie days on Wednesdays and water days on Fridays. Please makes sure there are weather appropriate change of clothes in your child’s cubby in case of accidents or spills.

- Ms. Paige & Ms. Fallon
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There are many strategies to prevent biting. However, always remember that developing a new behavior takes time:

- **Distract your child with a toy or book**
  Suggest looking out the window or take a walk to another room or outside. The goal is to reduce the tension and shift your child’s attention.

- **Suggest how your child might handle the situation that is triggering the need to bite**
  If you think your child might be biting due to a need for oral stimulation, offer your child something he can safely bite and chew—a cracker, some carrot sticks or a teether.

- **Suggest ways to share if your child is biting out of anger or frustration of sharing toys**
  In a group caregiving setting, you will want to make sure that the classroom has more than one of the most popular toys. Sharing is one of the most common triggers for biting.

- **Reading books about biting can also help**
  As you read, ask your child how the different characters might be feeling. If you have an older toddler, you can ask him to “read” the book to you, but telling you what is happening based of the pictures. Some of our favorite books about biting can be found on Amazon under books about biting for kids.

Always remember, as a parent or caregiver, to practice patience and offer support to the child going through this difficult stage.
Patriotic Necklace

With the 4th of July holiday nearing and the kids home from school and looking for things to do, this patriotic craft is just perfect.

Materials Needed:
- String or Yarn
- Scissors
- Scotch Tape
- Blue Pony Beads
- Red Straws or Red Stripped Straws

Instructions:
⇒ Cut your straws into one inch pieces and set them out with some blue pony beads.
⇒ Cut a piece of string long enough to fit over your child’s head when tied. (Be sure to leave a little extra for tying the finished necklace together)
⇒ Tie a pony bead to one end of the string. This will keep the beads and straws from slipping off while your child is stringing. On the other end of the string, wrap a piece of scotch tape. Making the end of the string sturdy with tape will help your child thread more easily.
⇒ Begin threading your beads and straw pieces onto the string. You can create any pattern you’d like.
⇒ When you’re happy with your creation, tie the string together to create your necklace.
⇒ Cut off the ends with the tape and attached pony bead. You’re done!