DO
1. STAY CALM. It’s natural to let emotion take over, but how you handle the situation now may help you avoid future incidents.

2. TREAT EACH CHILD WITH THE SAME SYMPATHTY. “I am so sorry that you have been bitten and are hurting” and “I am so sorry that you were angry enough to bite your friend.”

3. TELL YOUR CHILD THAT BITING IS UNACCEPTABLE. Say, “We don’t do that” in a firm tone.

4. REDIRECT THE BITER. Move your toddler away from the bitten child and to a different activity. A short time-out may help reinforce your message for older toddlers.

DON’T
1. TRY TO EXPLAIN WHY BITING IS WRONG. It’s likely beyond your child’s comprehension, so is the idea of empathy at this age.

2. SCREAM AT OR HIT YOUR CHILD AS PUNISHMENT. Ditto on biting your baby in an attempt to show him that it hurts. Using force wide telling your child violence is wrong sends mixed messages—and actions speak louder than words.

3. MAKE A BIG DEAL OF IT. “Depending on how you handle it, you can actually reinforce the behavior,” says Dr. Horowitz. “By giving it too much attention—positive or negative—you can lead your child to bite again.”—Melanie Moreau Rosen

THE BITING DIARIES
AGES 1-3

A play-by-play guide to the after-the-bite drama.

Your playdate is going great until—you guessed it—your little angel decides to play vampire. Don’t freak out—especially if it bites only once or twice a month. Experts say biting—most common between 12 and 36 months—serves as a crude form of communication before kids can use words. What if he bites often? “The behavior should not be ignored but addressed in low-key ways,” says Paul Horowitz, M.D., a pediatrician at Discovery Pediatrics in Valencia, CA.

BEDTIME CONUNDRUMS
AGES 0-1

Sure-fire strategies for solving baby’s irksome sleep problems.

“Hop is the best part of my day!”
Snooze strategy: Most babies are able to find their own sleepy at around 6 to 7 months. Until then, you have two choices: nightly pacifier duty or getting rid of it. Not ready to banish the binky? If your baby is perfecting their grasp, you’re in luck. “Start giving your baby the pacifier in his hand at bedtime so he can practice putting it in his mouth himself,” says Kim West, pediatric sleep expert and author of The Sleep Lady’s Good Night, Sleep Tight. Do the same when he wakes up during the night until he gets the hang of it.

“My baby barely naps.”
Snooze strategy: Take a step back. Your baby’s overall mood—and whether she’s waking up happy—is the best way to tell if she’s getting enough sleep. “Many babies take several short naps, whereas others take a longer morning and afternoon nap,” says Jouil Mindell, Ph.D., associate director of the Sleep Center at the Children’s Hospital of Philadelphia and author of Sleeping Through the Night. If she’s a grump, improve naps by letting her fall asleep on her own. “If she hasn’t mastered this yet, it’s often easier to start with bedtime,” says Mindell. —Lisa M. Harrington

SECRET LAB
AGES 1-2

Record feedings, sleeptimes, doc visits, and special moments on the HonestBaby app. You can manage your diaper orders, too! (free; itunes.com)