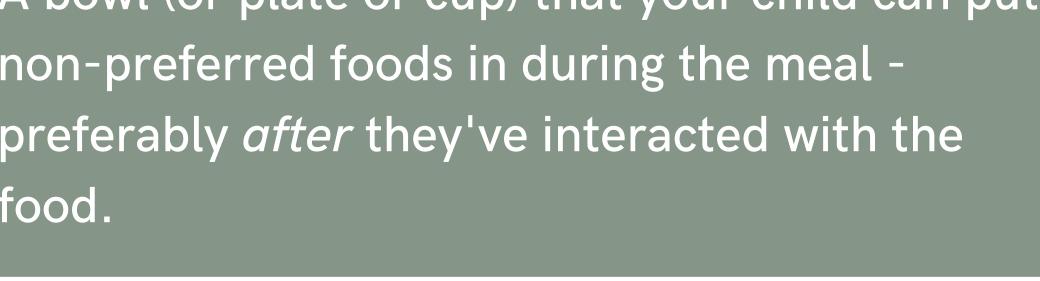
What is a byebye bowl?

A bowl (or plate or cup) that your child can put non-preferred foods in during the meal preferably after they've interacted with the food.



Explain it like this:

"This is our bye-bye bowl. When you're done learning about a bite, you can put it in here if you want. I won't ask you to take anything out of the bowl. We don't have to eat anything today, but we will learn about our new food together."

How to use it

Children are challenged to interact with the targeted food (smell, touch, kiss, lick, etc...) before placing it in the bowl.

For some children, simply having a non-preferred food on their plate causes anxiety. The bye-bye bowl offers a place for our children to put non-preferred foods, decreasing anxiety while offering opportunities for interaction (picking up food with our fingers or a utensil to put it in the bowl is an interaction!).

Once food has been placed in the bye-bye bowl, we won't ask our children to take pieces out to interact with them again.

What's the point?

To offer *predictability* and *security* during the meal. We create predictability by consistently requiring interaction before a piece of food can be placed in the byebye bowl. Children feel a sense of security when they know we won't ask them to take food out and interact with it again.



HELPE