

# What is a bye-bye 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.

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## 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 bye-bye bowl. Children feel a sense of security when they know we won't ask them to take food out and interact with it again.