

# The School & Social Situations Guide

for Parents of Kids with  
Celiac Disease



<https://www.theceliacshift.com/home>



# Introduction

As a parent of a child with Celiac Disease, you already know the biggest challenge isn't always the food itself — it's the situations.

School snacks. birthday parties. playdates. holidays.  
Moments that should feel joyful often bring stress, anxiety, or even tears.

But here's the good news: with the right words and strategies, you can protect your child, help them feel included, and breathe easier yourself.

This guide will show you:

- What to say to teachers, caregivers, and other parents
- How to prepare for school and social events without overwhelm
- Simple ways to empower your child to advocate for themselves

Your child's safety and confidence matter. Let's make sure they never feel left out.

*Staci Leibson*

# The 3 Most Stressful Scenarios (And Why They're Hard)

## **At School**

Classroom snacks, bake sales, or surprise celebrations can leave you wondering if your child will be safe. Even when teachers mean well, gluten exposure often comes from innocent mistakes.

## **At Birthday Parties & Holidays**

From pizza to birthday cake, “kid culture” revolves around food. It’s heartbreaking to see your child excluded — or to constantly have to say no.

## **With Caregivers & Other Parents**

Playdates, babysitters, and sleepovers mean trusting others to keep your child safe. Without clear scripts, it’s easy to feel like you’re over-explaining — or not explaining enough.

That’s why you need clear, confident words and go-to strategies that take the stress out of these situations.

# Word-for-Word Scripts (Your Safety Net)

## **For Teachers:**

“My child has Celiac Disease, which means even a crumb of gluten can make them sick. Can we set up a safe snack plan together so they’re never left out?”

## **For Caregivers (babysitters, grandparents, nannies):**

“Please double-check any snacks. Here’s a list of safe brands we keep stocked. When in doubt, ask me first.”

## **For Other Parents (playdates, parties):**

“Thanks so much for inviting my child! To make things easy, I’ll send along a gluten-free treat so they don’t feel left out.”

Pro Tip: Keep these saved in your Notes app or print them on a card so you never have to think twice.

# Gluten-Free Swaps & Strategies

## 01 BIRTHDAY CAKE

Bring a gluten-free cupcake from home.

## 02 PIZZA PARTIES

Send a personal-size gluten-free pizza (many stores carry frozen options).

## 03 HOLIDAY COOKIES

Bake or buy gluten-free versions to share with the group.



# Empowering Your Child

Your child's voice matters. Teaching them to advocate for themselves is one of the most powerful tools you can give them.

## **TRY PRACTICING THESE SIMPLE PHRASES AT HOME:**

- “I can't eat that, it has gluten. Do you have something else?”
- “Thank you, but I brought my own safe snack.”
- “Can you check the label for me?”

**ROLE-PLAY THESE SCENARIOS  
TOGETHER. THE MORE THEY PRACTICE  
IN A SAFE SPACE, THE MORE  
CONFIDENT THEY'LL FEEL IN REAL  
SITUATIONS.**

# School & Social Safety Checklist (Printable)

**Before your child heads off to school, a party, or a playdate, run through this quick list:**

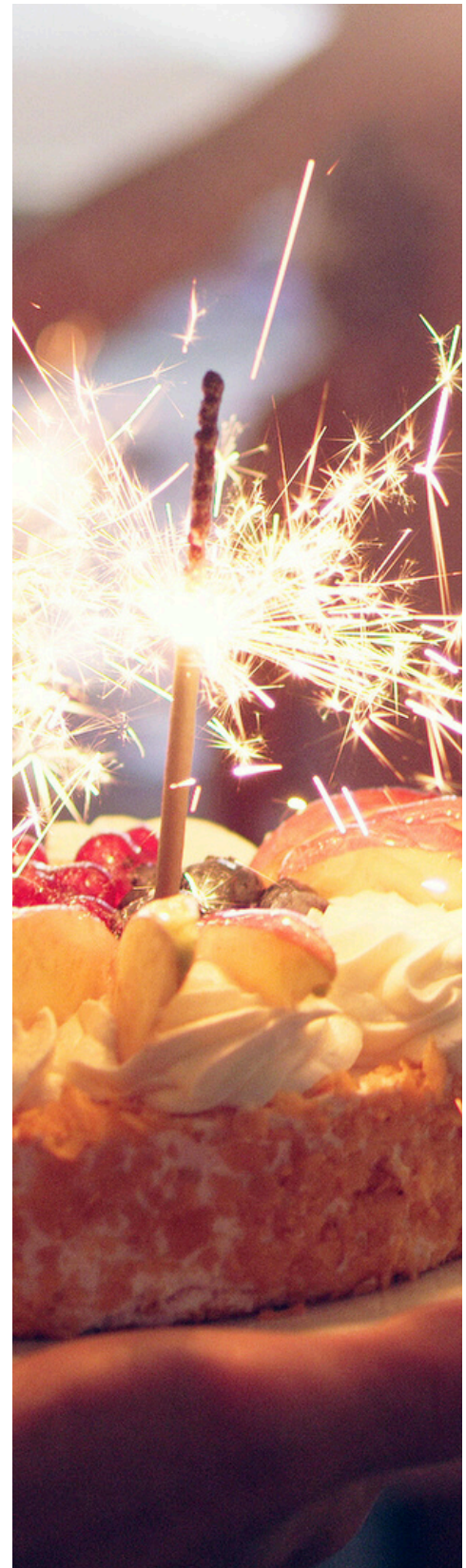
- Met with teacher and explained Celiac needs
- Provided safe snacks for the classroom
- Talked through upcoming events (pizza day, birthdays, etc.)
- Packed a backup gluten-free snack/lunchbox option
- Practiced self-advocacy phrases with my child
- Shared safe brand list with caregivers or parents

**Print this page and keep it on the fridge — it takes 2 minutes and brings huge peace of mind.**

# The Birthday Party Breakthrough

“When my son was first diagnosed, I dreaded birthday parties. I hovered by the snack table, terrified he’d eat something unsafe.

Now, with a plan in place, he walks in with his own cupcake and the confidence to speak up. Last month he came home and said, ‘Mom, I felt just like everyone else.’ That moment was everything.”



# Peace of Mind at School



"I used to panic every time the teacher emailed about classroom snacks. I worried my son would feel excluded, or worse, accidentally get exposed to gluten.

After setting up a safe snack plan and teaching him what to say, the stress lifted. Last week he told me, 'I reminded my teacher about my gluten-free snacks, and it was no big deal.' Hearing that brought me peace I didn't think was possible."

# The Next Step



This guide is your first step toward protecting your child and helping them feel included. But every child, school, and family is different.

That's where **1:1 coaching** makes the biggest difference. Together, we'll provide:

- **Personalized guidance** tailored to your child's school and social life
- **Emotional support** so you feel less isolated and more confident
- **Practical strategies** that help your child thrive day-to-day, not just "get by"

[Apply for Coaching Here](#)

When you book a call, you'll walk away with:

- Clarity on the biggest risks your child faces — and how to avoid them
- A simple action plan for your next school or social event
- Confidence knowing you don't have to figure this out alone

You don't have to navigate this journey on your own. Let's make sure your child feels safe — and you feel confident — in every situation.