

By Staci Leibson

*Celiac*

# HELP GUIDE FOR FAMILIES

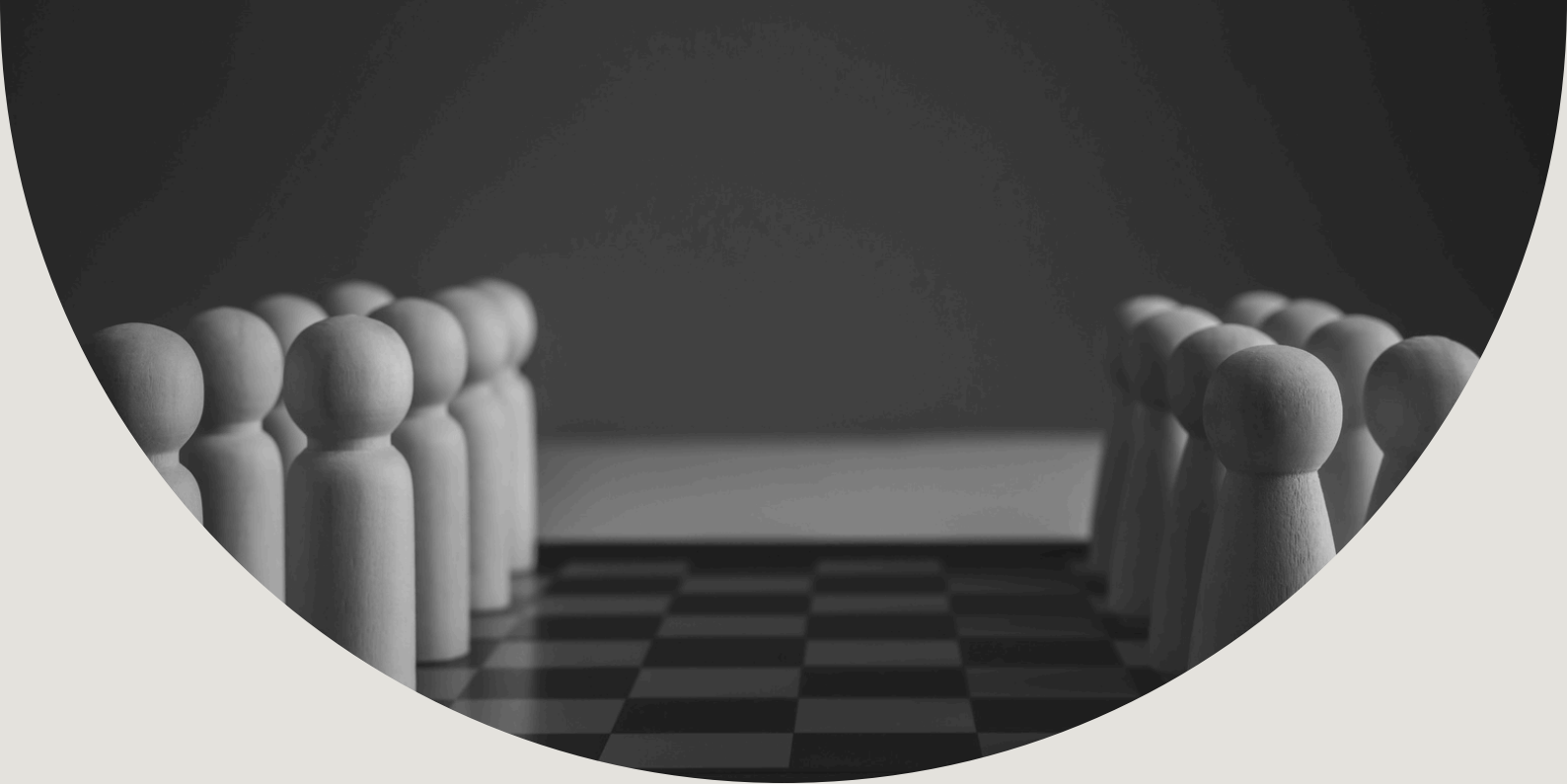
A simple, supportive guide to help you feel calmer, safer & more confident every day.



*Intro*

Celiac Disease is more than removing gluten — it is a complete lifestyle shift.

This guide is designed to help families move from overwhelmed ➤ empowered with practical tools, emotional support, and clear next steps.



# 1

## START WITH THE BASICS: KNOW THE NON-NEGOTIABLES

Celiac safety always comes down to four pillars:

- Avoiding gluten
- Preventing cross-contamination
- Reading every label
- Speaking up — every time

You don't need to know everything at once — consistency matters more than perfection.



# 2

## BUILD A SAFE KITCHEN SYSTEM AT HOME

A calm kitchen = a calm mind. Start with:

- Dedicated GF toaster or toaster bags
- Separate cutting boards, strainers, wooden utensils
- Labels for “GF Only” items
- A GF snack bin with backups
- Organized shelves to avoid loose crumbs

Small systems create huge confidence.



# 3

## ESTABLISH GO-TO MEALS THAT NEVER FAIL

Make life easier with:

5 safe breakfasts

5 safe lunches

5 safe dinners

5 emergency backups (nuggets, mac & cheese, pizza, snacks)

Decision fatigue disappears when your system is ready.



# 4

## USE A “RESTAURANT READINESS ROUTINE”

Before going out:

- Check reviews on Find Me Gluten Free
- Look at menus online
- Discuss choices with your child
- Review safety questions together
- Plan a backup option just in case

Preparation prevents panic.



KNOW  
THE  
RULES

5

TEACH YOUR CHILD THE  
“STOP, ASK, CHECK” RULE

Three steps they can use anywhere:

STOP: Don't eat anything without checking.

ASK: “Is this gluten free? How is it prepared?”

CHECK: Confirm with a parent or trusted adult.

This simple routine keeps kids safe everywhere.



# 6

## EMOTIONAL SUPPORT MATTERS JUST AS MUCH AS SAFETY

Celiac comes with big feelings — sadness, frustration, embarrassment, fear.

Help your child by saying:

- “I know this feels unfair.”
- “It’s okay to be upset.”
- “I’m proud of how you handled that.”
- “What part felt the hardest?”

Validation lowers anxiety and builds resilience.



# 7

## PREPARE FOR BIRTHDAYS, PLAYDATES & PARTIES

Bring a party bag with safe treats so your child always has options.

Role play what to say before they go:

- “Can we check the label?”
- “My mom/dad needs to see this first.”
- “Do you know if this has gluten?”

Preparation = fewer surprises and more confidence.



# 8

## CREATE A STRONG SCHOOL PLAN

Make sure your child has:

- A 504 plan (if needed)
- A safe snack stash
- A trusted adult to check with
- Clear boundaries for food-based activities
- A script for saying “No thank you, I can’t have that”

Clarity makes school safer and stress-free.



# 9

## BUILD A SUPPORT SYSTEM (YOU SHOULDN'T DO THIS ALONE)

Celiac affects the whole household.

Teach siblings, grandparents, babysitters, and teachers the basics:

- No shared fryers
- No guessing
- Always check labels
- Use clean utensils
- Ask when unsure

The more people who understand, the easier daily life becomes.



# 10 REMEMBER: CELIAC IS LIFELONG — BUT SO IS CONFIDENCE

Your child is learning to:

- Speak up
- Self-advocate
- Protect themselves
- Ask questions
- Trust their instincts

These are lifelong leadership skills.

You are not just keeping your child safe — you're raising a strong, resilient, empowered human.



FOR MORE  
PERSONALIZED SUPPORT

If you want one-on-one guidance  
tailored to your child, your home,  
and your emotional needs...  
head to [www.theceliacshift.com](http://www.theceliacshift.com) to  
book a free session.

*Stay in touch!*

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