
cca
GROWING UP CELIAC
A workbook for parents raising children with celiac disease.

udi's Gluten Free

Softer than ever

HARDER TO RESIST



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Introduction

The Canadian Celiac Association (CCA) is pleased to present you with *Growing Up Celiac* – a workbook resource developed for families of young children diagnosed with celiac disease. Along with a companion video, this workbook is intended to provide strategies to help children and their families navigate their journey after receiving a positive diagnosis for celiac disease. We hope you find it helpful.

The CCA has focused on improving the lives of people with celiac disease and gluten sensitivities in every possible way. As a national registered charity, the CCA interacts with individuals, medical professionals, medical researchers, food manufacturers and suppliers and various government agencies in ways that no single individual could.

The workbook was developed by Yulia Khayat, registered dietitian, with assistance from members of the CCA Professional Advisory Council, Dr. Justine Turner and Registered Dietitians Adrianna Smallwood and Shelley Case. A special 'thank you' goes to the CCA Halifax Chapter and Udi's™ Gluten-Free for sponsoring this project.

Our biggest 'thank you' goes out to all the families that helped in creating this resource by sharing their experience, ideas and wisdom – your contribution is invaluable!

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The CCA relies on donations to support its work to improve the lives of individuals who are adversely affected by gluten. Please consider donating at: https://www.celiac.ca/ways-to-give/donate-now/

About Celiac Disease

Celiac disease (CD) is a common disorder in which the absorptive surface of the small intestine is damaged by a substance called gluten. Gluten is a group of proteins found in wheat, rye and barley and their crossbred grains. The damage gluten causes to the intestine can produce a variety of symptoms and prevents the body from absorbing key nutrients such as protein, fat, carbohydrates, vitamins and minerals, which are necessary for good health.

Symptoms may vary in individuals with CD. The typical symptoms include chronic diarrhea, abdominal pain, malabsorption and weight loss. However, many individuals may present with other symptoms such as anemia, extreme fatigue, mouth ulcers, constipation, liver enzyme abnormalities, osteoporosis, infertility, dental enamel defects, and neurological problems. Also, children can display symptoms such as short stature, irritability and/or vomiting.

Not all people with celiac disease present with symptoms even though they have intestinal damage from consuming gluten. Nevertheless, preventing cross-contact is essential, as these individuals might not experience a noticeable flare-up even if exposed to gluten accidentally.

Celiac disease can run in families, both in first- and second-degree relatives. Therefore, if your child was diagnosed with CD, you should encourage all members of your immediate family to get tested.

Diagnosis includes two parts:

1. Screening (Blood Test). The IgA-tissue transglutaminase (TTG) antibody blood test is currently recommended as the first test for celiac disease. **Individuals must be on a regular (gluten-containing) diet at the time of testing for an accurate result.** If individuals are NOT consuming gluten prior to testing, the result will be negative for celiac even though they may have the disease.

2. A biopsy of the small intestine is required to make a definitive diagnosis of CD. Gastroenterologists perform the biopsy via endoscopy. Again, **the individual must stay on a gluten-containing diet before the biopsy in order to ensure an accurate diagnosis.**

Treatment: At present, there is no permanent cure for CD, but it can be effectively treated with a gluten-free diet. Individuals with celiac disease must follow the gluten-free diet **STRICTLY** and for **LIFE.** As the gluten-free diet can be challenging and complicated to follow, a consultation with a registered dietitian with expertise in the gluten-free diet is essential. Since celiac disease is a chronic disorder, regular long-term follow-up with a pediatrician (or your family physician) and dietitian is highly recommended.

Gluten-Free Diet 101

Gluten is a general name for specific proteins found in certain grains. In people with celiac disease, consumption of gluten in wheat, rye, and barley causes an immune reaction that damages the intestine and prevents the absorption of essential nutrients.

Children and adults with celiac disease need to be vigilant about identifying hidden sources of gluten and potential cross-contact in food products. This requires them to read labels carefully each time they buy food products.

Gluten-Containing Foods and Ingredients

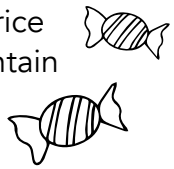
- Barley
- Barley Malt
- Barley Malt Extract
- Barley Malt Flavouring
- Durum*
- Einkorn*
- Emmer*
- Farina
- Farro*
- Freekeh*
- Hydrolyzed Wheat Protein
- Kamut*
- Malt**
- Malted Barley
- Malt Syrup**
- Malt Vinegar**
- Oats***
- Oat Bran***
- Semolina
- Spelt (Dinkel)*
- Triticale
- Wheat
- Wheat Bran
- Wheat Germ
- Wheat Starch

* Types of wheat. ** Derived from barley. *** Pure, uncontaminated oats are safe for those with celiac disease.

8 Hidden Sources of Gluten

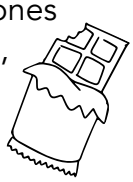
1. CANDIES

like licorice may contain wheat flour



2. CHOCOLATE BARS

especially ones with wafers, pretzels or cookies



3. DELI MEATS

like sausages and hot dogs may contain gluten sources used as fillers



4. DAIRY PRODUCTS

like yogurts with granola or cookie dough, some cheese sauces and spreads



5. POTATO CHIPS

may be flavoured with seasoning, containing malt vinegar or wheat starch



6. SAUCES

like soy, teriyaki, malt vinegar, gravy, marinades



7. SOUPS

may be thickened with wheat flour



8. SEASONING BLENDS

may contain wheat or barley-based ingredients as carrier agents



For more information and advice on gluten-free diets, please visit our website:

https://www.celiac.ca/living-gluten-free/newly-diagnosed/

Avoiding Cross-Contact

Here are some tips on how to prevent cross-contact of gluten-free foods in a kitchen where other members consume gluten-containing items:

- Dedicate a section of the countertop for preparing gluten-free foods only, or make sure that the counter space used to prepare gluten-free foods is clean.
- Have a separate cutting board for preparing gluten-free foods only.
- Have a separate toaster for your child. Another safe alternative is to use a toaster oven with a rack that can be removed and washed before using for gluten-free foods.
- When preparing sandwiches, make the gluten-free ones first.
- Use clean utensils and avoid "double-dipping." Have separate containers of butter, margarine, peanut butter and condiments that are labelled gluten-free.
- Do your gluten-free baking first. Tightly wrap baked goods and store them before preparing foods with gluten-containing flour.

What is Non-Celiac Gluten Sensitivity (NCGS)?

- Individuals with non-celiac gluten sensitivity (NCGS) develop symptoms when gluten-containing foods are consumed and improve when they adopt a gluten-free diet.
- Many symptoms of NCGS are like those of celiac disease; however, individuals with NCGS do not have intestinal villi damage.
- Currently, there are no tests for diagnosing NCGS. It is important to rule out celiac disease before making a diagnosis of NCGS.
- A gluten-free diet should NOT be started before ruling out celiac disease.
- Individuals should be referred to a dietitian with expertise in the gluten-free diet.



Gluten-Free Shopping

Learning what ingredients and foods are safe for your child and where to find gluten-free foods may seem overwhelming initially. Fortunately, it does get easier over time. The information below on how to read food labels will help guide you towards safe gluten-free shopping.

Reading Food Labels

Make sure you read food labels every time you shop, since ingredients in products can change without notice. If you are unsure about a certain product, call the company for clarification.

The current food labelling regulations in Canada require that manufacturers identify any priority allergens, gluten sources or added sulphites on pre-packaged food sold in Canada. The allergens are listed either in the **INGREDIENTS** list or after the **CONTAINS** statement.

To identify whether a product has gluten, start with the **CONTAINS** section. If you see **wheat, rye, barley, oats or gluten** in either the **CONTAINS** or **MAY CONTAIN*** list, the product is **NOT OK.**

If there is a **CONTAINS** statement and it does not include wheat or a gluten grain, the ingredients are acceptable for a gluten-free diet.

If there is no **CONTAINS** statement, check the **INGREDIENT** list. If you see **wheat, rye, barley, or oats,** the product is **NOT OK.** If you do not see any gluten source listed, the ingredients are acceptable for a gluten-free diet.

A GLUTEN-FREE label is not the same as **WHEAT-FREE,** as the latter may contain rye, barely or oats.

If the ingredient list just says **OATS,** assume they are contaminated with gluten, unless they are specifically identified as **GLUTEN-FREE OATS. Some products with gluten-free oats also may have the** CCA's Gluten-Free Certification Program (GFCP) logo on the package.

*For more information on **MAY CONTAIN** claims, visit:
https://www.celiac.ca/living-gluten-free/expert-feature/



Ingredients: Flour, sugar, partially hydrogenated sunflower oil, whey, liquid albumen, salt, vanilla, natural flavour.
Contains: Wheat, Milk, Eggs

Ingredients: Flour (wheat), sugar, partially hydrogenated sunflower oil, whey (milk), liquid albumen (egg), salt, vanilla, natural flavour.

Parent Tips

"We read all the labels especially when we buy new products or products we are not familiar with. Products that have the CCA stamp are safe and make our life easier not having to worry about safety."
(*Marta G.*, AB)

Budget-Friendly Gluten-Free Tips

Many gluten-free products cost more than gluten-containing food items, which can increase your grocery bills. The following tips can help you save when shopping gluten-free:

- Commit to weekly meal planning to help you focus on what and how much to buy. Engaging your child in the decision-making process for family meals is very empowering and can also increase their willingness to try new foods.
- Check store flyers, gluten-free product websites and subscribe to related newsletters to receive updates on sales and promotions.
- Save your stale bread! Make croutons out of it to add to soups and salads or breadcrumbs to coat chicken or fish.
- Choose ingredients that are naturally gluten-free such as rice, corn, pulses (dried beans, peas, lentils)*, potatoes, sweet potatoes and yams.
- Make your own baked items (e.g. breads, cakes, cookies, muffins) using gluten-free flours instead of purchasing more expensive ready-made products.
- When breads, cupcakes or other GF foods go on sale consider buying extra amounts, so that you can freeze and defrost them as necessary.

*These are naturally gluten-free foods. However, due to the risk of cross-contact with gluten-containing grains, look for a gluten-free claim on these items. When purchasing pulses (dried peas, beans, lentils) make sure to place them on a cookie sheet and remove any grains, twigs or pebbles. Be sure to wash the pulses thoroughly and drain before cooking.

Parent Tips

"Instead of focusing on substitutes, we are trying to stick to foods that naturally don't contain gluten, and it is easy to make up a meal of fruits, vegetables, meats, fish, dairy, eggs, beans, etc."

(Mary D., ON)

"We do not buy food in bulk because the risk of cross-contact can be too high. Even though the food is labelled as gluten-free it could have been contaminated through exposure to another food-bin scoop."

(Marta G., AB)



Non-Food Gluten Sources

Gluten is not only found in food. Make sure you're aware of other potential sources of gluten that your child may encounter:

- Certain drugs and supplements may contain gluten, so consult a pharmacist before giving them to your child.
- Craft materials widely used in daycares, schools and art classes are another potential source of gluten. Play dough, paper maché and slime made with flour as well as other food-based craft materials, like pasta or cereal, may contain gluten and pose a risk of exposure to a child with celiac disease.

Marissa C., who has a six-year-old daughter with celiac, shares her recipe for a CD-safe play dough:

Gluten-Free Play Dough

Ingredients:

- ½ cup white rice flour
- ½ cup cornstarch
- ½ cup salt
- 2 tsp cream of tartar
- 1 cup water
- 1 tsp cooking oil
- Food coloring, if desired

Directions:
Cook all ingredients and stir until it forms a thick clump and then knead it out on countertop on parchment until it feels like regular play dough.

**For more tips on preventing cross-contact, visit the CCA website at:*
https://www.celiac.ca/living-gluten-free/newly-diagnosed/



Nutrient Deficiencies

While following a gluten-free diet is essential, it is equally important to focus on ensuring your child obtains a wide variety of nutrients for proper growth and development. Most gluten-free flours, breads, pasta products, breakfast cereals and baked goods available in North America are often lower in vitamins, minerals, and fibre than the gluten-containing products they replace. **Iron and calcium** deficiencies are frequently common in individuals with newly diagnosed celiac disease. Some people also may be deficient in folate, vitamin D, vitamin B12 and other nutrients. The following includes nutrition information about key nutrients and recommendations on how to add them to your child's diet.

Iron is a mineral that aids in the transportation of oxygen to all parts of the body. Animal sources of iron (heme-iron) include meat, fish and poultry. Some examples of plant sources of iron (non-heme iron) are pulses (dried beans, peas, lentils), nuts, seeds, raisins, green peas and spinach. Non-heme iron is not absorbed as efficiently as heme iron. However, vitamin C can improve iron absorption of non-heme iron. Examples of foods high in vitamin C are strawberries, oranges, kiwi fruit, tomatoes, bell peppers and broccoli. Try pairing nuts with an orange or adding strawberries to a spinach salad to maximize iron absorption.

Calcium is a mineral that helps build and maintain strong bones and teeth. Foods rich in calcium include milk, yogurt, cheese, fortified non-dairy beverages, canned sardines and salmon (with bones), tofu fortified with calcium sulfate and fortified orange juice. Vitamin D helps with calcium absorption so make sure your child consumes the required amount. Inadequate calcium and vitamin D intakes can lead to bone health issues.

Folate (folic acid) is a water-soluble B vitamin critical for the formation of red blood cells, and cardiovascular health. Good sources of folate can be found in broccoli, asparagus, beets, orange juice, sunflower seeds and pulses (dried beans, peas, lentils).

Vitamin B12 helps make healthy blood cells and keeps nerves working properly. It is found in meat, fish, poultry and eggs as well as dairy products.

Fibre is part of plant products that the body cannot easily digest or absorb. There are two types of fibre: insoluble and soluble. Insoluble fibre promotes good bowel habits and soluble fibre helps lower blood cholesterol and control blood sugar levels. The gluten-free diet is often low in dietary fibre because typical sources of fibre are most often found in gluten-containing grains. However, there are a variety of gluten-free fibre sources such as fruit and vegetables; quinoa, buckwheat, brown rice, GF oats, corn bran, pulses (dried beans, peas, lentils), nuts and seeds (chia, flax, hemp, pumpkin, sesame).

Age	Fibre (g)	Calcium (mg)	Iron (mg)	Vitamin B12 (mcg)	Folate (mcg)
Boys and girls 1-3	19	700	7	0.9	150
Boys and girls 4-8	25	1000	10	1.2	200
Boys 9-13	31	1300	8	1.8	300
Girls 9-13	26	1300	8	1.8	300
Boys 14-18	38	1300	11	2.4	400
Girls 14-18	26	1300	15	2.4	400

For more information on preventing nutrient deficiency, visit the CCA website at:
https://www.celiac.ca/living-gluten-free/diet-nutrition/get-nutrients-into-your-gf-diet/

Gluten-Free Baking

Making your own gluten-free baked goods can be more economical than purchasing ready-made products while offering you a greater variety and healthier options. Additionally, this can be a fun educational activity to do together with your child. Baking with gluten-free dough can be tricky, though. Gluten provides structure and elasticity and without it, dough can be hard to roll and shape, and your baked foods may turn out too dense and crumbly. In her book, *Gluten Free: The Definitive Resource Guide,* Shelley Case, a registered dietitian and a leading expert in celiac disease and the gluten-free diet, provides a variety of tips for gluten-free baking. Here are some of Shelley's suggestions:

- Because it is the gluten in wheat flour that produces an elastic and high-rising dough, gluten-free baked goods often require more leavening agents (e.g. baking powder, baking soda, eggs) than products made with wheat flour in order to achieve a similar end-product.
- To prevent crumbling, most gluten-free baked products require the addition of a very small amount of xanthan or guar gum. Add the xanthan or guar gum to the dry ingredients, as these gums will not mix with water. For every cup of gluten-free flour, use 1 teaspoon of gum for breads and ½ - ¾ teaspoon for other baked goods.
- Adding chocolate chips, dried fruit (e.g. apricots, cranberries, raisins), fruits and vegetables (e.g. applesauce, bananas, pumpkin, grated carrots or zucchini) and nuts to gluten-free baked goods will improve flavour.
- Brown sugar, honey or molasses provide more flavour than white sugar. The amount of liquid in the recipe needs to be reduced if substituting honey or molasses for sugar. For every cup of sugar, use ¾ cup honey or molasses and reduce liquid by ¼ cup.
- Forming the dough into shapes (e.g. breadsticks, buns, loaves) works best using very wet hands or an oiled spatula or spoon.
- Allowing gluten-free cake and muffin dough to rest for 10-15 minutes at room temperature prior to baking results in better-textured products. Also, let pancake batter rest for 10-15 minutes before frying.
- Gluten-free products baked in shiny light-coloured metal pans (gray, not black), bake and brown more evenly than they do in dark pans, which can leave edges too crisp and over-browned.
- When making a gluten-free chocolate cake or brownies, grease the pan then "flour" it with cocoa to prevent sticking.

Gluten-Free Recipes

We asked parents of children with celiac disease to share their favourite kid-friendly meal recipes to help you transition to gluten-free cooking.

Tacos with Homemade Guacamole

(Stephanie S., BC)

- 1-2 cups diced field tomatoes
- 1 lb lean ground beef
- 2 cups iceberg lettuce, shredded
- 1 package GF Taco spice
- 1 package GF Taco shells
- ½ cup grated cheddar cheese

For guacamole:

- 2 avocados
- 1 and ½ tbsp lime juice
- ⅓ cup chopped cilantro
- 1 small piece of garlic, minced
- ¼ tsp cumin
- 1 green onion, diced
- Salt and pepper to taste

Instructions for the meat filling:
Cook ground beef over medium-high in a skillet, drain any excess fat, add seasoning mix and ¾ cup water, reduce heat and simmer. Stir occasionally.

Instructions for the guacamole:
Mash avocados with a fork until smooth. Stir all ingredients together until combined.

Heat oven to 350°F it and cook taco shells on pan for 8 minutes. Stuff as desired. Makes 4-5 servings.

Parent Tips

"Rice cake pizzas are always fun as a quick, build on-the-spot snack. Rice cake with gluten-free tomato sauce and mozzarella. Place in toaster oven for about 30 seconds." (Tony S., ON)

Mini Meatloaves

(Mary D., ON)

- 2 lbs ground beef
- 3-4 eggs
- 1 cup GF breadcrumbs
- 3 tbsp GF Worcestershire sauce
- 12 tbsp brown sugar
- Ketchup

Instructions:
Mix all the ingredients together by hand.

Roll into 12 balls, and place into a greased muffin tin.

Spoon 1 tablespoon of brown sugar on top of each mini meatloaf. Then squirt ketchup on top of each.

Cook at 425°F for approximately 20-30 minutes.

Black Bean Brownies

(Dragana V., ON)

- 1-19 oz can of black beans, drained and rinsed well
- 3 eggs
- ¼ cup of coconut or vegetable oil
- ½ cup honey
- 1 tbsp vanilla extract
- ⅓ cup sifted cocoa
- 1 tsp baking powder
- ½ tsp baking soda
- ½ cup hemp hearts

Instructions:
Place all the ingredients in a blender or food processor and blend until it is all liquid with no lumps. Pour into the cake pan or cupcake papers in a muffin tin.

Bake in a preheated 350°F oven for 25-30 minutes or until a toothpick inserted in the centre comes out clean.

Cool for 10 minutes. Remove from pan, and cool completely. Cover and refrigerate overnight. In my opinion this tastes best cold straight out of the fridge. Serve with whip cream or ice cream if desired.

Gluten-Free Pancakes

(Angela V., ON)

- ¾ cup milk
- 1 egg
- 1 tsp sugar
- 1 tsp vanilla
- 2 tsp vegetable oil
- 1 cup GF all-purpose flour
- 3 tsp baking powder
- A few shakes of GF cinnamon

Instructions:
Beat the milk and egg together with a wire whisk. Beat in the sugar and vanilla. Mix in the flour, baking powder and cinnamon.

Drop into a greased frying pan and cook on both sides until golden brown.



Packing Lunch

Packing a lunch that your child will eat is a challenge for almost every parent at some point during the school year! It becomes even more difficult when the lunch must not only be gluten-free but also needs to be interesting and tasty so the child will want to eat it.

This topic comes up frequently on the CCA's Facebook Group, where parents are looking for lunch ideas. Here are a few tips from some of our creative parents.

Bento boxes, which originated in Japan, are boxes containing multiple small sections that you store food inside and are ideal for packing gluten-free lunches. Can't find a bento box? Don't worry. You can buy containers with compartments to hold different foods. Seaneen W. suggests stacking smaller boxes inside a large container to keep the food safely stowed. Food can also be placed in silicone muffin cups to separate things, adds Kate F.

There are many options for filling your child's lunch box. Fruit, veggies, hard boiled eggs, cheese, cold cuts, yogurt, pudding, cottage cheese, GF pretzels, homemade or store-bought GF items (e.g. muffins, cookies and nutrition bars) are popular options. Cold cuts can be wrapped around pickles or cheese or just rolled tightly to fit in the box. The nice thing about bento boxes is that small portions of many different foods can be offered. As your child grows and is ready for larger food portions, bigger containers can be used. Some kids want lunches that look like commercial kit lunches their friends bring. Nina M. recommends using a bento box with both round and square containers, which is perfect for packing a gluten-free lunch of cheese, gluten-free pepperoni and crackers.

Corrine B. says pancakes are a popular gluten-free lunch food for kids. They can be used as the bread for a sandwich or eaten with maple syrup or jam on the side.

Participating in hot dog day or pizza day is very important to children. One idea is to send a gluten-free version of those foods rather than asking the school to provide a gluten-free equivalent. Consider asking the school permission for your child to warm up their GF pizza in a microwave. Another suggestion is to pack cooked GF hot dogs in a thermos along with a GF bun and appropriate toppings, so your child does not feel left out of these lunch events.

Perhaps the most important thing is to talk to your child about what he or she wants to eat for lunch. Find out what their friends bring to eat. Some kids want to bolt down something quick, so they can get time on the playground; others want lots of different types of foods every day. If your child wants to take the same lunch every day, that is OK. Kids without food restrictions often do this too.

List your family lunch ideas

Working with Teachers

Most parents of children with celiac disease find that it is important to meet individually with each teacher to discuss their child's needs. If you can't do this before school starts, try to set up a meeting as early as possible in the school year.

Often the level of cooperation you get from the school will be determined by how well you navigate the school bureaucracy. Always remember to treat the people you are talking to with respect. When they point out rules that do not work for your child, try to understand how and why the rules were put in place, and keep an eye out for the person who is really in charge for any given issue.

Providing teachers with a written list of your child's needs that you can review with them in person, and that they can refer to later, is useful. This list is designed for a young child and while your child's letter might be different, based on age or other circumstances, most lists will include points that are similar to the ones below:

- Your child eats only the food and beverages you provide.
- Your child and anyone else who touches gluten-free food must wash their hands with soap and water before touching the food. Alcohol-based sanitizers do not neutralize gluten. Scrubbing your hands with soap and water is required.
- Desks or tables must be washed before eating. If this is not possible, your child's food must be placed on top of paper towels or napkins that you supply to avoid accidental cross-contact.
- When other people are eating gluten-containing foods, care is needed to make sure your child's gluten-free does not come in contact with these items. With very young children, this may require a table supervisor.
- Play dough and paper maché contain gluten. Check other craft supplies for gluten-containing ingredients. Your child should use gloves (that you provide) when handling these supplies. Depending on the age of your child, you may need to provide gluten-free versions of these supplies.
- Anyone who supervises your child (e.g. substitute teachers, lunchroom and playground supervisors, librarians, field trip supervisors, etc.) must be informed of these issues.
- You are to be notified by the teacher whenever there is any incident where your child is exposed to gluten.

To download a teacher handout, visit the CCA website at:
http://celiac.ca/pdfs/celiac%20disease%20guide%20for%20teachers.pdf

Food Bullying

This is a concern for children begining from the early grades and throughout high school. Consider talking to your child about how to respond to food bullying before it happens. Some families develop a plan for the child (including a course of actions to follow for the classroom, lunchroom or playground) to go to the school nurse or main office if they are bullied. Explain to your child that bullying is wrong and assure them that school officials are there to help resolve the situation. Most schools have policies to address bullying, which you can obtain through the school office or website.

Navigating Social Situations

Food is an integral part of our lives. Almost every place your child goes and activity they participate in, from school, to daycare, afternoon classes, camps, playdates, sleepovers and birthday parties, involves food. These situations can present a challenge during the transition to a gluten-free diet and may require planning, negotiation and advocacy. We asked parents to share their experiences adapting to common social situations where exposure to food containing gluten occurs.

Schools and daycares: "My daughter attends a preschool program part-time, and the first thing I did was provide the teachers with a printed copy of 'Celiac Disease: What is it?' from the CCA website and told them what she can and can't eat," says Kirsten G. from British Columbia, a mother of a three-year-old recently diagnosed with celiac. "I make gluten-free cupcakes for the school to freeze and have on hand for her when there are birthday parties or special events. For Halloween I brought in my own treats that were GF and my daughter shared them with her friends. When there are pizza parties I bring in a frozen GF pizza for my daughter to have so she isn't left out. As long as the parents work with the teachers to give a heads-up, I feel that it is easy for my daughter to be included and feel normal in these types of situations."

Things we find important to highlight to teachers include keeping the child's area clean (wash their table before eating) and making sure that everyone is aware of the effects of cross-contamination. Most importantly, teachers should not give the child any food that has not first been approved by the parent," points out Stephanie S., a mom of a seven-year-old with celiac, from British Columbia.

Marta G. from Alberta, who has a 10-year-old son who was diagnosed at age two, shares ways for making adjustments at school: "We always give GF-packed food, like cookies and muffins, to his teacher to keep in his classroom and when there is a celebration he can eat that. At the after-school care centre we brought a toaster to be used only for our child's GF bread. When he was in pre-school, we asked the school to buy play dough without wheat, eliminating the risk of him putting his hands in his mouth before thoroughly washing them first. We also print out the CCA brochure* for teachers and give it to his teacher and the school's principal."

**Available on the CCA website at: https://www.celiac.ca/news-events/brochures/*

Celebrations: "It is important to let the child socialize by attending birthday parties," says Iram A. from Newfoundland, a mother of a 10-year-old with celiac.

"Education for both parents and children is key. Parents need to learn to advocate and know that it is crucial that they get in the routine of sending their child's own food to a party. A heads-up email or conversation to the host helps, so they are not caught off guard why someone is bringing their own food," suggests Barbara A., a mother from B.C., whose 11-year-old was diagnosed five years ago.

Baking, icing and freezing a batch of cupcakes in advance is a strategy Mary D. from Ontario follows. "We take one out on the way to each birthday party, and they are always thawed and perfect by the time the birthday cake is served."

"We make sure our son eats a bit before the parties, so he doesn't arrive extra hungry and jump on the generic pizza or chicken nuggets," shares Vincent C. from Québec. "We bring back-up food, such as cheese sticks, popcorn, nachos, etc., in case the selection at the party was not GF. We make sure that he does not feel like he is missing out or being excluded."

Travelling and Dining Out Tips

"We have not let the celiac diagnosis prevent us from travelling. We have taken one-sheets about celiac disease and food translated into multiple languages to other countries and when we sit down in a restaurant we have the server read the sheet and take it back to the chef. Restaurant staff seem to take it seriously when it is laminated, and we found everyone to be more than accommodating," says Teri S. from Alberta, a parent of an eight-year-old boy with CD.

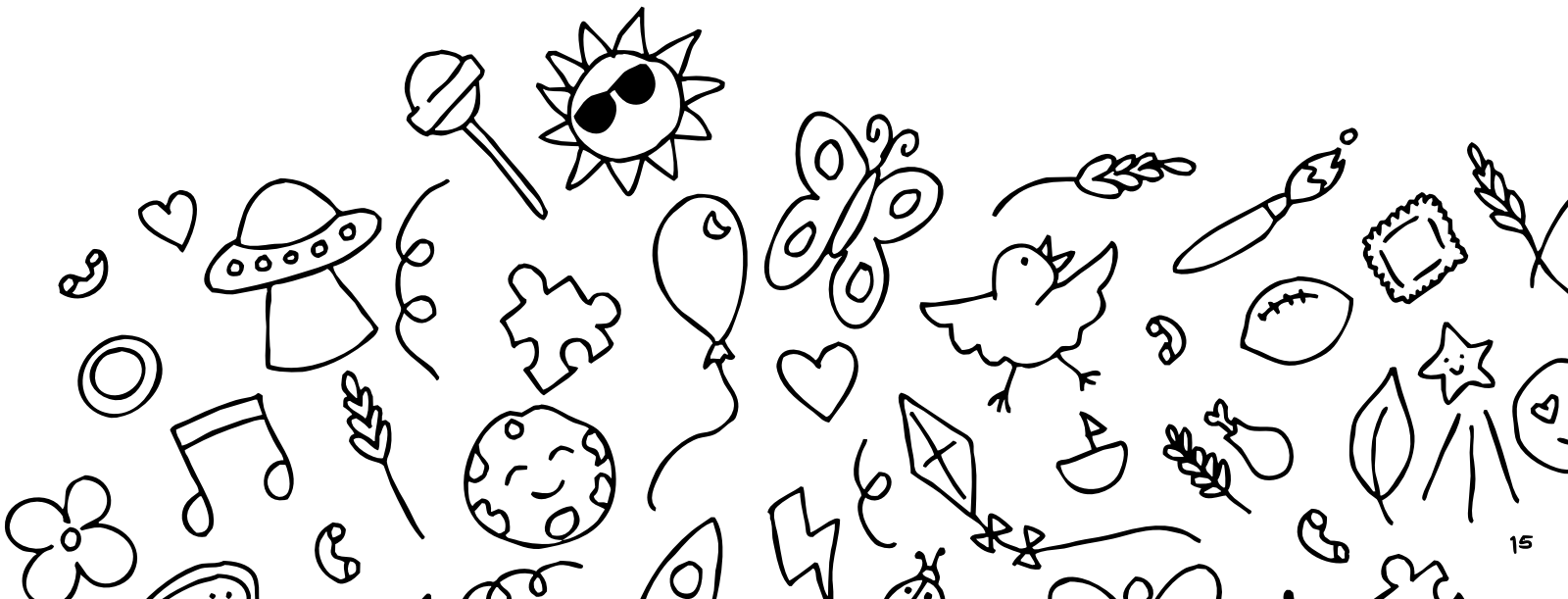
If you take a long flight, you have to request a GF menu when you book your tickets online, and Marta G. strongly recommends calling the airline the day before the flight to confirm the order. "It happened to us where, even though we requested the GF menu, they did not have it – and once you are in the aircraft there is nothing you can do. Aside from that, we always bring snacks for our son. In addition, we bring with us his gastro pediatrician's letter explaining that he is celiac and is on a GF diet, just in case we have any problem for bringing food on the aircraft."

"Be prepared to check out or ask about GF options before you go," recommends Cindy G. from Alberta. "We don't travel all-inclusive yet, because of buffets. We have called hotels in advance to plan GF menus for our daughter, which has been great."

Stephanie S. from British Columbia likes family vacations but says it requires some extra research. "It is always easier for us to stay in a place with a kitchen rather than have to eat out for every meal. I stock up on GF protein bars and snacks as you would never want to be stuck without food in case of a delay. However, it is much easier now to find GF snacks in airports than a few years ago. I research restaurants before we go places to make sure there is going to be adequate places to eat. We also bring cereal, so we can have an easy and safe breakfast."

"Call ahead before going to dine out," suggests Kate B, a mother of a seven-year-old with celiac from British Columbia. "Ask if they have any gluten-free menu items. Tell them you are calling because your child has celiac. We find that people respond more favourably to answering this question clearly when it is a child. Check if they have a separate fryer for things like French fries. You can tell quickly if they are knowledgeable about celiac or not."

"It's normal to feel overwhelmed and lost but it does get better. An organized parent and a good support system make all the difference at social gatherings. Planning is necessary for eating out and vacations, but it can be done," reassures Pamela P. from Québec.



Engaging your child

Engaging your child in various ways to manage their condition is helpful in the adjustment process. Teaching your son or daughter how to recognize gluten-free logos and claims on food packages, as well as modeling basic self-advocacy skills, can be highly empowering and promote a greater sense of independence and self-confidence. Here are parental perspectives on how to effectively engage children to manage their celiac disease:

"Include your child in problem-solving whenever you can," advises Julie W., a mother of a seven-year-old and a five-year-old both with celiac. "Your child needs to learn through experience how to navigate the challenges of living in a gluten-filled world. It is more beneficial to acknowledge the challenges than to minimize, ignore or avoid them. Perhaps you can find a solution or alternative together."

"Our daughter told us once that every day she is offered foods or treats from other children that she cannot eat or does not know if she can eat. She has had to get used to saying 'no thank you' to things she wishes she could have and being brave enough to say, 'I can't eat gluten and I do not know if there is any gluten in those treats.' Also, she has to explain why she is eating things that are different than what others are eating. She prefers not to say she has celiac but she does say 'I am gluten-free, so I can only eat certain things,'" shares Kate B., from British Columbia, a mother of a seven-year-old, diagnosed four years ago.

"My daughter participates in our dietitian appointments and asks questions," says Nicole N., a mom of a 10-year-old who was diagnosed at age six. "My daughter reads books and is so helpful in label reading. She can navigate this herself and knows what she can and can't have."

List the ways you can engage your child:

1. _____
2. _____
3. _____
4. _____

Children Quotes

- "Sometimes I forget I have celiac."
- "I can still eat yummy treats."
- "Before eating anything that does not come from home I ask my parents first. I never eat without asking."
- "Sometimes I don't mind packing my food for parties because I get to eat my favourites."

List of Resources

Online Resources:

- Canadian Celiac Association (CCA) website: https://www.celiac.ca/
- CCA Facebook Support Group: https://www.facebook.com/groups/canadianceliacassociation/
- The Celiac Scene: https://theceliacscene.com
- The Boston Children's Hospital Series of educational videos: http://www.childrenshospital.org/centers-and-services/programs/a-_-e/celiac-disease-program/raising-a-child-with-celiac-disease
- SickKids Hospital's About Kids Health: https://www.aboutkidshealth.ca/

Books:

- *CCA Acceptability of Food & Food Ingredients for the Gluten-Free Diet Pocket Dictionary*
- *Gluten Free: The Definitive Resource Guide*, by Shelley Case
- *Eating Gluten-Free with Emily*, by Bonnie J. Kruszka
- *The Gluten-Free Kid: a Celiac Disease Survival Guide*, by Melissa London
- *The Trouble That Jack Had*, by Jane and Diane Pintavalle
- *Free to be Gluten-Free!*, by Heather Spergel
- *A Gluten-Free Birthday For Me!*, by Sue Fliess

The CCA cannot provide a list of trusted brands or stores, as manufacturing processes change frequently. The Gluten-Free Certification Program (GFCP) is endorsed by the CCA and provides a list of updated brands that carry their certification.

You can find it here: **http://www.glutenfreecert.com/consumers/certification-directory**
Look for the logo!



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Parent Notes


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