

BOUNTIFULLY HEALTHY
YOUR FAMILY

When we go through something we sometimes forget how it impacts those around us. Celiac disease is a lifelong condition that **impacts your family too**. If you're the only one in your family who has this condition, it can feel lonely. Even if you're not the only one, there are no doubt those in your family who aren't Celiac. Where do they fit?

Your spouse will need education around your condition so they know how to support you. At times their needs and preferences have to be wavered in order to accommodate you. This can cause arguments, resentment, misunderstandings. **The key is to communicate. And learn to compromise.** Both the one with Celiac and the one supporting. It must work both ways.

It can be difficult for our family members to adjust too. Things like social events, holidays, vacations, special family traditions involving food may have changed for you, but that means it has changed for them too. This is especially hard for children to accept.

I want you to use the next page to write a letter/s to each member in your family. Explain exactly how you feel: what makes you sad, angry about your condition. Explain what they can do to make your life easier and share with them how you will try to do your part too. Tell them what you appreciate about them, especially for any support they have already given you.

LETTER

to _____

BOUNTIFULLY HEALTHY

YOUR FAMILY CAN SHOW YOU SUPPORT

- Be willing to eat at Celiac friendly places occasionally.
- By not using the same utensils when you handle, prepare, cook or package food for you.
- By Listening to you as you tell you them how you miss croissants...for the thousand time.
- By checking the food labels carefully when shopping for you.
- By trying your gluten-free food.
- By understanding there will be days you feel sad, angry, alone, and giving love and allowing you to vent.

HOW CAN YOU SHOW SUPPORT TO YOUR NON-CELIAC FAMILY?

- Be patient with them, they might not know about your condition as much as you do.
- Educate them in a kind way.
- Don't make it all about you. There is more to life than food.
- Be willing to compromise. Go out to events/etc and take your gluten-free food with so they can have a nice time.
- Help them develop an appreciation for gluten-free food.
- Don't insist they eat gluten-free as well.
- By not talking about it all the time. They get tired of hearing about how hard it is!