

# Tips for Parents

## ***Tips to help your student transition to college***

- Ensure your student has access to current documentation including 504, IEP, letter from physician, or counselor/ psychologist
- Teach your student basic chores, such as, laundry, dishes and keeping a dorm clean
- Establish a financial plan for daily expenses. Talk to the bank about managing debit/credit cards
- Check-in with your student to make sure they are balancing an academic and social life
- Establish a healthy sleep schedule before your student leaves for college
- Talk to your child about accommodations they are receiving. After 18 legally parents do not have to be notified about changes in accommodations
- Talk to Student Accessibility Services if you are worried about your child's performances

## ***Tips for Distance Learning***

- Have meals with your student to check- in with your student and foster a healthy relationship
- Encourage your student to get exercise and fresh air by inviting on short walks
- Establish times for quiet and reflection. College can be overwhelming, encourage for your student to take time away from school work and focus on a hobby.
- Encourage your student to reach out to friends. At this age, it is important for your child to be talking to people their own age.

# More Resources

<https://www.goodhousekeeping.com/life/parenting/a38834/empty-nest-advice/>

<https://www.acs-schools.com/parents-guide-distance-learning>

<https://researchautism.org/parents-help-your-student-transition-to-college/>

<https://www.amazon.com/Learning-Outside-The-Lines-Disabilities/dp/068486598X>