

USEFUL TIPS FOR PARENTS

Some changes you may observe while your child is adjusting to his or her new surroundings:

- Your child may call home and complain about everything. These calls can be very stressful, but by listening to the complaints, you are helping. Listen, give your advice, but encourage your son or daughter to work things out on their own. Many campus resources are available, and directing them to those resources would be in their best interest.
- Showing an interest in your student's new life at UVM will also help them adjust. Homecoming & Family Weekend is a great time to visit; if you cannot make Homecoming weekend, be sure to plan a visit around that time
- Your child will want to spend time at home during breaks and weekends, where they will sleep late and just want to veg out—perfectly normal behavior. By the time the weekend is over, they will most likely be ready to get back to their newfound freedom. If you are in commuting range, they will feel less anxious about school if they know they are always welcome at home.
- When you sense a problem bigger than they can handle, direct your child to the many resources available on campus. The Office of Residential Life is a good place to start. Your student's academic advisor should also be available to help and can direct your child to other resources.
- Your child is in good hands. UVM has many professionals trained in handling the problems and experiences that new students may have. Encourage your child to take the first step and contact one of them directly when facing an unusual problem or situation. Don't try to solve your son's or daughter's problems; that is part of their learning experience while away from home.
- Plan ahead for future vacations and spend at least part of the time with your child. Let them know you look forward to your time together.
- Try not to make major changes at home without at least informing your son or daughter what you have in mind. If possible, keep their room the same as when they left.
- Send occasional care packages to your child/student. A package from home with favorite homemade cookies and extra laundry detergent can really boost morale.
- E-mail is easier for students to find time to respond to—and may even get them started on that paper they need to finish.

Jill Epstein, mother of Ingrid '03 and Isabel '06, and Annie Stevens, Assistant Vice President of Student Affairs, developed this list of helpful hints for parents. If you have a tip to share with other parents, please send a message to the Parents Council in care of Anne.Forcier@uvm.edu.