

TIPS FOR PARENTS WITH STUDENTS IN QUARANTINE

[adapted from grownandflown.com]

1. ACCEPT

This is not what you'd hoped for your student, but this is where we're at.

Try to stay in the moment, don't let your mind go to worst case scenario.

Don't question your decision to send your student away to college, this is a small blip in their 4 years.

Help your student accept their temporary status.

2. HELP WITH THE HEALTHCARE QUESTIONS

Your student is learning to navigate the healthcare process, likely much faster than anticipated.

Help them formulate and write down questions they may have for coronavirusresponse@creighton.edu.

Resist the urge to ask things for them.

3. ENCOURAGE THEM TO ADVOCATE FOR THEMSELVES

We want to know what they need but can't know until they tell someone.

No question is too dumb or too little to ask in these times. Everyone needs to ask for a little extra help right now.

Encourage them to ask who their point people are when they do need something.

4. USE TECHNOLOGY AS YOUR FRIEND

Technology can help you connect with your student after all of those years of losing them in the vast world of technology.

Consider morning check-in texts or nightly FaceTime calls.

Connect them with their grandparents, aunts, uncle, cousins, siblings, and friends from home.

5. CREATIVITY CAN EQUAL CONTROL (OR SOME SENSE OF IT)

Help them find new and fun ways to exercise in their space. Small spaces can be a good time for ab work, lunges, bicep curls, or jumping jacks. (Explore [Creighton Recreation and Wellness virtual workouts](#) and or search online for exercises in a small spaces).

They'll still have homework but what can they do with their free time? Read a fun book, write letters, complete a puzzle, color... (Time for a care package?)

What a great time to encourage them to get good sleep (enjoy the larger bed!).

Encourage them to stay away from doom and gloom social media or news. Any good comedies to watch instead? Or find inspirational social media, maybe @cocoathecounselor?

6. MAINTAIN PERSPECTIVE AND APPROACH WITH GRATITUDE

Always remember and help your student remember that this is temporary! It's not our choice or our preference, but it will end.

Agree that this all stinks but remember to be grateful for even small things through the day. Our focus and attention helps direct the way we choose to face our challenges.

We'll all get through it.