**Being a Long-Distance Parent During Pandemic**

We are all going through an uncertain and rather difficult period, which probably we have not experienced before. It is natural to experience fear, anxiety, tension, intolerance, and sadness during this period. You may also be concerned about ***your child being away from home***.

*Please remember, your child on campus is at one of the safest places. The units and staff are avaliable and working at campus for vital needs of our students (Health Center, Safety Unit, supermarket, ATM, etc) and taking all necessary precautions to ensure thier health and safety.*

We have to accept that being anxious and fearful is very natural and even necessary and functional in this period. Because even though these feelings are negative, they allow us to take the necessary precautions and do what we need to do.

However, if anxiety and fear are too much to handle, it could affect our mental health negatively and make it difficult for us to react effectively and on time. On the other hand, an acceptable level of anxiety and fear can make it easier to decide what to do.

In addition to the emotional difficulties we are experiencing, we are in a process in which we have to make sudden changes in our lives and adapt to these changes quickly. This also applies to your child. These days, your child may have to deal with many different topics and emotions as listed-but not limited to- below:

* Academic concerns
* Difficulty adjusting to online education
* Frustration about being away from home and loved ones
* Lack of motivation and concentration
* Anxiety about the future
* Anxiety about the pandemic

**Tips for Supporting Your College Student Who Is Away From Home During Pandemic**

1. *Connect Regularly!*

Research clearly shows us that our physical and emotional health and well-being are dependent on loving relationships so it’s vital to make sure you still have regular and frequent contact via the phone or video calls with your child.

1. *Be as Accessible as Possible!*

It’s not realistic for you to be on call 24/7 but trying to be as accessible as possible to your child is important.

1. *Refer Your Child to the Resources Where S/He Can Get Help!*

As a university, we continue to support our students on the challenges they may face about different subjects, even from a distance. We try to determine the needs of our students and provide the necessary support in line with these needs through written resources, webinars, e-mails and online sessions.

You can encourage your child to follow the announcements posted on SU, read the e-mails sent from the university, and follow the informative articles on our website.

1. *Do The Best You Can, Not The Perfect!*

Try to be compassionate and tolerant to yourself and your child, knowing that this period will pass, but it contains many difficulties and uncertainties within itself. Remember that these days can be emotionally fluctuating. We may not be able to maintain our daily routines. Under these circumstances, we don't have to be –and sometimes cannot be—motivated right away. We can remind ourselves that the most important thing is to sustain our vital resources.

**References**

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