**Being a 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. 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 campus life (social activities, friends, peers, faculty members, etc.).
* Boredom, sadness, frustration that the isolation brings
* Lack of motivation and concentration
* Intolerance and tension that living together in the same place for a long time may cause
* Anxiety about the future
* Anxiety about the pandemic

**Tips for Supporting Your College Student Who Is Back Home**

1. *Be Encouraging, Not Intrusive!*

It’s important for parents to respect that their college student is an adult now and needs some of his or her own space to do work or to just have time for themselves -- something they got quite used to while they were away at school.

Acknowledging that and providing them a space of their own will make the transition smoother for all parties.

1. *Create Space to Support Their Studies!*

Some students will have an easier time than others [adapting to an online class format](https://www.apu.edu/articles/adapting-quickly-to-your-new-online-learning-environment/). Many students may find it more difficult without the boundaries that in-class sessions can offer. Ask your child how you can support them as they learn to set a routine and prioritize coursework.

If it’s conducive in your home, help them to create a space that is somewhat free of distractions so that they can focus on their studies. It would be quite necessary for them to have a study environment of their own to be able to pay attention to learning at home. This space can be your child's own room. If there is no such opportunity, a suitable part of the house can be transformed into your child's workplace. It is important for parents and other siblings not to be in the student's own working environment during the online lesson period in order to ensure concentration.

1. *Take Time to Have Fun!*

Laughter and humor are healing. Creating small opportunities for having fun together will be good for everyone.

Celebrate moments of success, like finishing a big paper, test, or project. Cook a meal or watch a movie together!

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 MySU, 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. Sometimes this can lead to disintegration, difficulty in achieving and focusing on the goals we set. 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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