

# Things to Know before sending your child to college

*Sending your child off to college is an emotional time for both the parents and the child. There are many things to look forward to; however, there are also things that can be stressful if not considered before your child heads out the door.*

## **Here are some things to keep in mind:**

\*Give your child the independence and freedom they need to grow and experience college life. This is a great time for your child to grow into the individual they are going to become as well as the perfect opportunity to explore areas that are new and interesting to them.

\*Help your child make his/her studies a priority when school is in session. Encourage your student to become proficient in time management skills in order to keep a healthy balance between school and social life.

\*Speak with your child about college life. Discuss topics such as alcohol, drugs, sexual behavior, health relationships, stress management, and other important health issues.

\*Discuss safety on and around campus with your child. Make sure your child is familiar with campus security as well as options for getting around campus such as public transportation.

\*Have your child write down emergency information such as important phone numbers and current medications in case of an emergency so that emergency personnel can contact the necessary people.

\*Encourage your student to become familiar with the Student Care Center and the services provided under the Student Health and Wellness Fee. Many services are covered under the Student Health and Wellness Fee, have your student become familiar with these services.

\*Discuss with your child their insurance coverage so they are aware of how to use their insurance card, where to go in case of an emergency or after hours medical care concerns, as well as other important insurance information.

\*Make sure your child brings a copy of the insurance card with them to campus.

\*Have immunizations records and medical records with current prescriptions faxed so the Student Care Center so the correct information is on file for your child.

\*Pack a first aid kit for your child to have with them in the dorm. Some supplies to include are: thermometer; gauze bandages; adhesive tape; antiseptic wipes and antibiotic ointment; cold packs; acetaminophen (Tylenol) to treat pain and fever; Aspirin or Ibuprofen (Advil) or naproxen (Aleve) for pain, fever, and inflammation; antihistamine for allergies and itching; cough medicine; antacids for occasional heartburn or stomachaches; and anti-diarrheals.

\*Encourage your student to become active in his/her health and to be aware of the offerings on campus such as health education programs and events that discuss stress management, sleep health, nutrition, exercise, healthy relationships, alcohol and drug use, sexual health and other health topics.

**\*Ensure that your student knows their allergy, medical, surgical and family history!**