

WELCOME BACK "KID!"  
I am NOT a KID!

**ATTENTION PARENTS!!!!.....as winter break approaches....please be mindful of the following...**

- I am a college student, NOT a kid. I have my own rules...live my own life and sleep in until noon.
- I eat pizza for breakfast, cereal for dinner and have no one to answer to.
- Curfew? No way!
- I have places to go and people to see? Can I borrow the car?
- I have new friends, new hobbies and new interests....I want to spend time with you but on my own time.....
- Where should I put my laundry?

-Sincerely,

Your College Student



**PARENTS!** Your independent, yet adorable student has arrived home from college, but this may not be the same "kid" you are accustomed to. A LOT of growth and development occurs when students are away at college. What can you expect? How can you make this transition easy and fun for the both of you? READ ON!

- Accept that your 'child' is an adult and has had new experiences. While there will be plenty of time for making all of the family commitments, remember to allow them to make some of the decisions as far as planning.
- Schedule some time for family activities but don't expect him or her to spend time only with the family.
- Encourage your student to make connections with old friends over the break and take the time to meet and hear about some of their new college friends as well.
- Curfew? Don't set your heart on a specific time...instead, consider making an agreement that they will let you know they are safe and a general time frame in which they will be home.
- Establish a plan for "safety rides." If they are out with friends and find that they can't drive home...think about establishing a rule that you will provide a ride without consequences or judgment.
- Keep some of the same holiday traditions. This will make things really feel like home, BUT remain open to new ones.
- Establish rules around borrowing the car and picking up younger siblings, chores and other responsibilities. They may not resume prior responsibilities automatically.
- Take time and look at family pictures, share old stories and spend time together as a family to enjoy your "kid" as they were then, and to appreciate your young adult as they are now.



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