Pre-Arrival Guide for Students with Children

Things to know prior to arrival:

### Education for Kids

Children 5 years old or older as of September 1st are eligible to be enrolled into the public school system. The school year generally starts at the beginning of September. The school districts in the Portland area are:

- Portland Public Schools
- David Douglas School District
- Parkrose School District
- Tualatin/Tigard Schools
- Beaverton School District

If your child is not yet school age, Head Start provides free preschool to children from low-income families:

- Portland Public Schools Head Start
- Head Start Locator

There are three care centers on campus:

- Helen Gordon Child Development Center
- ASPSU Children’s Center
- Smith Memorial Student Union, Suite 126, 503-725-2273
- Little Vikings Flexible Child Care

For a list of other childcare programs in Portland, visit our website:

- Off Campus Child Care

### Healthcare

You are required to carry health insurance for each of your dependents. If you need to purchase insurance for your dependents, please call our Broker, Wells Fargo Student Insurance Services (WFIS) at (800) 853-5899. It is the student’s responsibility to re-enroll their dependents each term directly through WFIS with a credit card.

- You can find out more about PSU’s healthcare coverage here

If your child is sick, two clinics are:

- The Portland Clinic
- OHSU Family Medicine

### Laws

- Car Seat Law: Infants must ride in a rear-facing seat until they are both 1 year old and 20 pounds. After that they must ride in a forward-facing car seat until they reach 40 pounds or reach the maximum weight limit for that car seat. After outgrowing their forward-facing car seat they must ride in a booster seat until they are 4’9” tall or 8 years old.
- Home Alone Law: You cannot leave your child alone until they reach 10 years of age.
- Babysitting: It is highly recommended that your child be 12 years old or older before they are allowed to care for other children.
- Bike Helmet Law: Children under the age of 16 must wear a helmet while riding a bike.

### Child Care Subsidy

PSU students with children may apply for assistance with paying for child care. This program may pay up to 50% of childcare cost for eligible students. 8 credits required per term for Undergraduates students to be eligible. 5 credits required for Graduate students.

- Visit us online here

### The Resource Center for Students with Children

RCSC provides a variety of free services for students with children, including social and educational events, ways for you to connect with other student parents, a lounge space specifically for students with children, a small emergency loan program, and a child care subsidy program. Please contact us if there is a way we can help you! Contact us at:

- sswc@pdx.edu
- 503-725-9878

Brought to you by the Services for Students with Children

Smith Memorial Student Union
1825 SW Broadway, Suite 462
503-725-9878
pdx.edu/students-with-children
Email us at sswc@pdx.edu