



SUPPORTING YOUR THIRD CULTURE KID (TCK) *RESOURCES*

BOOKS

[Third Culture Kids: The Experience of Growing Up Among Worlds](#), by David C. Pollock, Ruth E. Van Reken and Michael Pollock. Widely recognized as 'The TCK Bible' for anyone who wants to understand the blessings and the curses of growing up multiculturally.

[The Global Nomad's Guide to University Transition](#), by Tina L. Quick. Written for students who have been living outside their "passport" countries but are either returning "home" or transitioning on to another host country for college/university.

[The Re-entry Roadmap: Find Your Best Next Step After Living Abroad](#), by Cate Brubaker. A workbook Filled with fresh insights, thought-provoking activities, and actionable advice to ease your re-entry.

[This Messy Mobile Life: How a Mola Can Help Globally Mobile Families Create a Life by Design](#), by Mariam Ottiomofiore. Pakistan-born Mariam is a writer, researcher and expatriate family specialist who grew up and lived in nine countries. comprises personal reflection, expert advice and survey research to help globally mobile families.

[Arrivals, Departures and the Adventures In-Between](#), by Christopher O'Shaughnessy. Chris skillfully approaches cross-cultural upbringings and transitions with insight, compassion and humorous tales of identity, connection, community, belonging and resilience. Recommended for high school students.



[The Toolbox for Multilingual Families](#), by Utte Limacher-Riebold. Aimed at parents who are raising their children with more than one language, and are looking for activities to foster their children's understanding, speaking, reading and writing skills.

[Misunderstood: The impact of growing up overseas in the 21st century](#), by Tanya Crossman. Whether you grew up overseas, are raising children overseas, or know a family living abroad, this book will equip you with insights into the international experience, along with practical suggestions for how to offer meaningful care and support.

[Being a Distance Son or Daughter: A Book for ALL Generations](#), by Helen Ellis. Researcher, anthropologist and founder of DistanceFamilies.com, Helen Ellis, shares ideas, resources and stories to arm readers with the wisdom to maintain rich and fulfilling relationships with their Distance Family.

[Being a Distance Grandparent: A Book for ALL Generations](#), by Helen Ellis. Researcher, writer, anthropologist and a veteran of Distance Grandparenting, Helen Ellis, examines everything from smart ways of tweaking your communication routines to tips for nourishing precious family relationships. These moving stories will soothe and inspire you, and help you embrace your ever-changing Distance Family role.

[B at Home: Emma Moves Again](#), by Valerie Besanceney. Emma is only ten years old, but has already moved twice. Now, her parents are telling her the family is moving again. She's furious, sad, nervous, and a little excited, all at the same time. Unsure of how to tackle these conflicting emotions, she turns to B, her faithful teddy bear.

[The Grief Tower: A Practical Guide to Processing Grief with Third Culture Kids](#), by Lauren Wells. Children who grow up outside of their parent's passport country experience a significant number of losses, grief-inducing experiences, and traumas during their developmental years. These events stack up like blocks on a tower throughout the life of the TCK, creating what Lauren Wells has coined the Grief Tower. If it continues to stack without these experiences being processed, a TCK's Grief Tower is likely to crash in their early adulthood.

[Unstacking Your Grief Tower: A Guide to Processing Grief as an Adult Third Culture Kid](#), by Lauren Wells. Through her own experience, Lauren Wells walks



you compassionately and practically through unstacking your Grief Tower in light of your Third Culture Kid experiences.

[Raising Up a Generation of Healthy Third Culture Kids: A Practical Guide to Preventive Care](#), by Lauren Wells. This book is a goldmine of wisdom, organized in a practical and readable format by learning how to multiply the benefits of a global lifestyle and conversely pay attention to the challenges that can become stumbling blocks to healthy development.

[Slurping Soup and Other Confusions](#), by K. Tonges, Menezes and Gemmer Emigh. It's a collection of twenty-three real-life stories from third-culture kids. Each story is followed by a related activity. Suitable for three to twelve-year-olds and include brainstorming, problem-solving, party planning, family tree, quirky word games etc. The book aims to help children cope with the challenges of living internationally.

[Holding the Fort Abroad: Beyond Surviving - living and parenting abroad with a partner who works away from home](#), by Rhoda Bengert. If you're living an expat life and find yourself parenting solo due to a partner's frequent business travel, this book is for you.

[Raising Global Teens: A Practical Handbook for Parenting in the 21st Century](#), by Dr. Anisha Abraham. This book explores the hot topics adolescents experience today: identity, social media, body image, traumatic events, puberty, drugs and stress all in the context of our modern, mobile world.

[Growing Up in Transit: The Politics of Belonging at an International School](#), by Danau Tanu. In this compelling study of the children of serial migrants, Danau Tanu argues that the international schools they attend promote an ideology of being "international" that is Eurocentric. Despite the cosmopolitan rhetoric, hierarchies of race, culture and class shape popularity, friendships, and romance on campus.

** Many of these books are available in Audio/Audible/Kindle format*

VIDEOS, TED TALKS

[Third Culture Kids: the impact of growing up in a globalized world | Ruth Van Reken | TEDxINSEAD](#)

[Taiye Selasi: Don't ask where I'm from, ask where I'm a local | TED](#)



[Building Identity as a Third Culture Kid | Erik Vyhmeister | TEDxAndrewsUniversity](#)

[What is home? Growing up between cultures | Abeer Yusuf | TEDxTerryTalks](#)

[Power of TCKs | Mark McElroy | TEDxYeongheungForest](#)

[Food: A Third Culture Kid's Sense of Identity. | Eric Pak | TEDxYouth@ISBangkok](#)

[Connecting with your culture. Connecting with yourself. | Gauri Varma | TEDxUWCSEAEast](#)

[Keeping in touch -- the insights of a global citizen: Molly Godde at TEDxYouth@WAB](#)

[Third Culture Kid? NO, no, no! Bridging Kids! | Yui Mikuriya | TEDxYouth@KIST](#)

[Third culture kids: future citizens | Naman Kedia | TEDxYouth@RIS](#)

[Third Culture Kid | Scout Ash-Dale | TEDxYouth@EmeryWeiner](#)

[Lukas Draugelis - Wrap up video of 9 years abroad](#)

SERVICES

[Special Education Network and Inclusion Association \(SENIA\)](#)

[Organisation To Decolonise International Schools \(ODIS\)](#) - push to expand international school curriculums into intersectionality beyond the Western value system

[Expat Nest](#) - multilingual online counseling for expats and TCKs

[Location Independent Therapists](#) - multilingual online counseling collective

[International Therapist Directory](#) - a directory for finding online and in-person therapists with international experience (there's an option to search for TCK expertise)

[Ute's International Lounge](#) - Supports multilingual families

[Learning to Flourish](#) - Supporting expat kids with dyslexia and reading difficulties

[ExpatChild.com](#) - A website full of resources for parents moving abroad with children

[Natasha Winnard](#) - Provides support for students (and parents) in international schools and transitioning to university.

[Sundae Bean](#) - Transformation coach helping clients achieve ambitious goals while navigating transition.

[Global Girl Coach](#) - Teenage coaching for TCK girls



[The Black Expat](#) - The intersection of black identity and international living
[A Multicultural Life](#) - Community for expat commuter marriages and split-location families
[Chameleon Vibes](#) - A friendship and dating community for TCKs
[Constantina Kaas](#) - Internationally Certified Coach for Expatriates, Families, Parents and Adolescents

PODCASTS

[Third Culture Stories](#) - TCKs of Asia forums
[A Culture Story](#) - showcases guests' stories of cross-cultural experiences
[The Global Chatter](#) - The Black Expat podcast
[Diesel & Clooney Unpack The World](#) - a comedic journey to unpack the journey of expats and global nomads
[Two Fat Expats](#) - one of the longest-running podcasts about expat life
[Successful Student Transitions](#) - provides insights and strategies for students transitioning to university and independent life
[Where are you from? A TCK podcast](#) - Mike Sullivan invites the world to take a peak into the lives of TCK's and other global nomads.

FOR MULTILINGUAL/MULTICULTURAL FAMILIES

[Ute's International Lounge](#)
[Bilingual Kidspot](#)
[Multilingual Parenting](#)
[Multicultural Kid Blogs](#)
[Raising Bilingual Children \(InCultureParent\)](#)
[Bilingual Monkeys](#)
[Multilingual Family](#)

Disclaimer: This is not a comprehensive list. There are a lot more resources out there, and businesses and resources are added (and deleted) regularly. The inclusion of providers or companies in this list is not an endorsement. I do not receive compensation from any of the businesses and/or organizations included in this list, and I am not responsible for the opinions and quality of the services offered by any of the providers listed here. It is your responsibility to check, evaluate and decide whether the products and services offered are right for you and/or your family.

