



Navigating International Transitions And Raising Third Culture Kids (TCKs)

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Navigating International Transitions and Raising Third Culture Kids (TCKs)

SESSION 1 (March 19)

- Understanding the TCK Experience

SESSION 2 (April 2)

- Identity and Belonging in a Multicultural World

SESSION 3 (April 16)

- Building Resilience in Globally Mobile Families

SESSION 4 (April 30)

- Relocation – Leaving Well, Arriving Ready

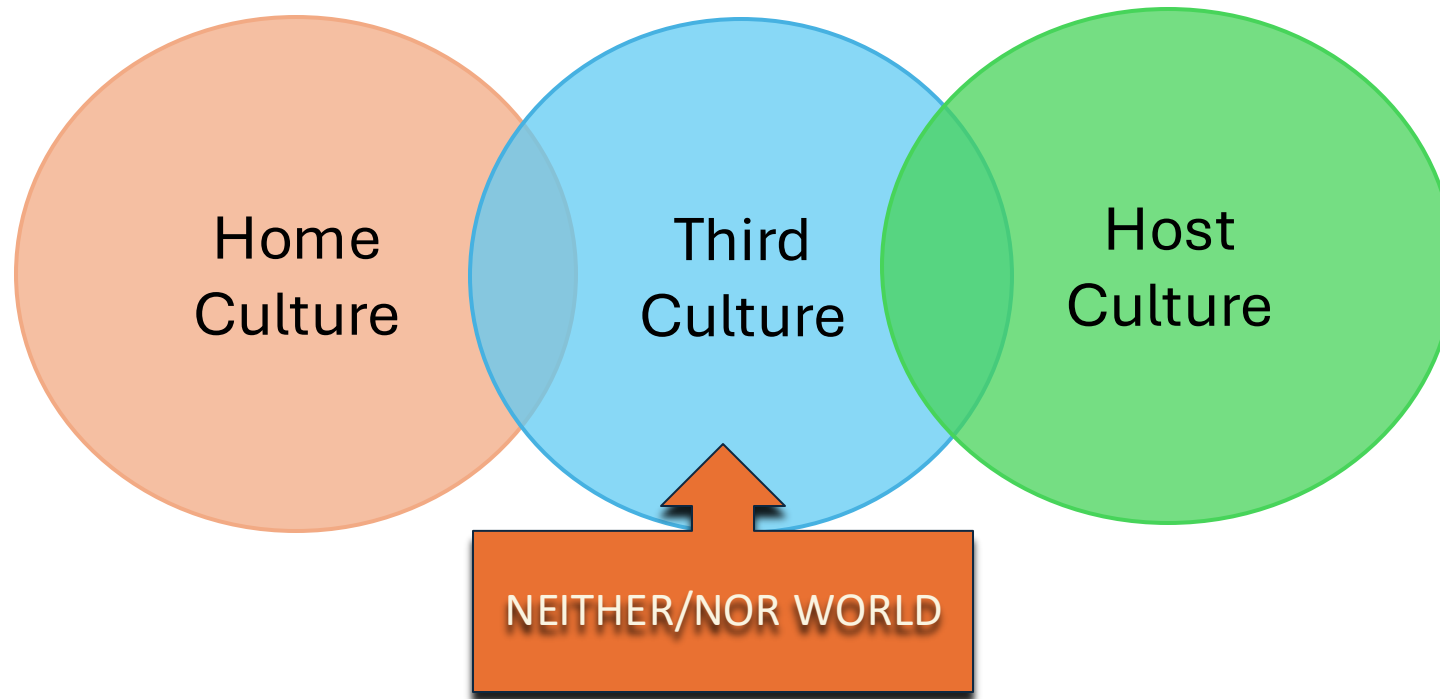


Understanding Third Culture Kids (TCKs)



Third Culture Kids (TCKs)

A Third Culture Kid (TCK) is a person who has spent a significant part of his/her developmental years outside their parents' culture



Why High Mobility During Childhood Matters



Frequency of Separations

Changing Places

Changing Cultures

Hidden Losses

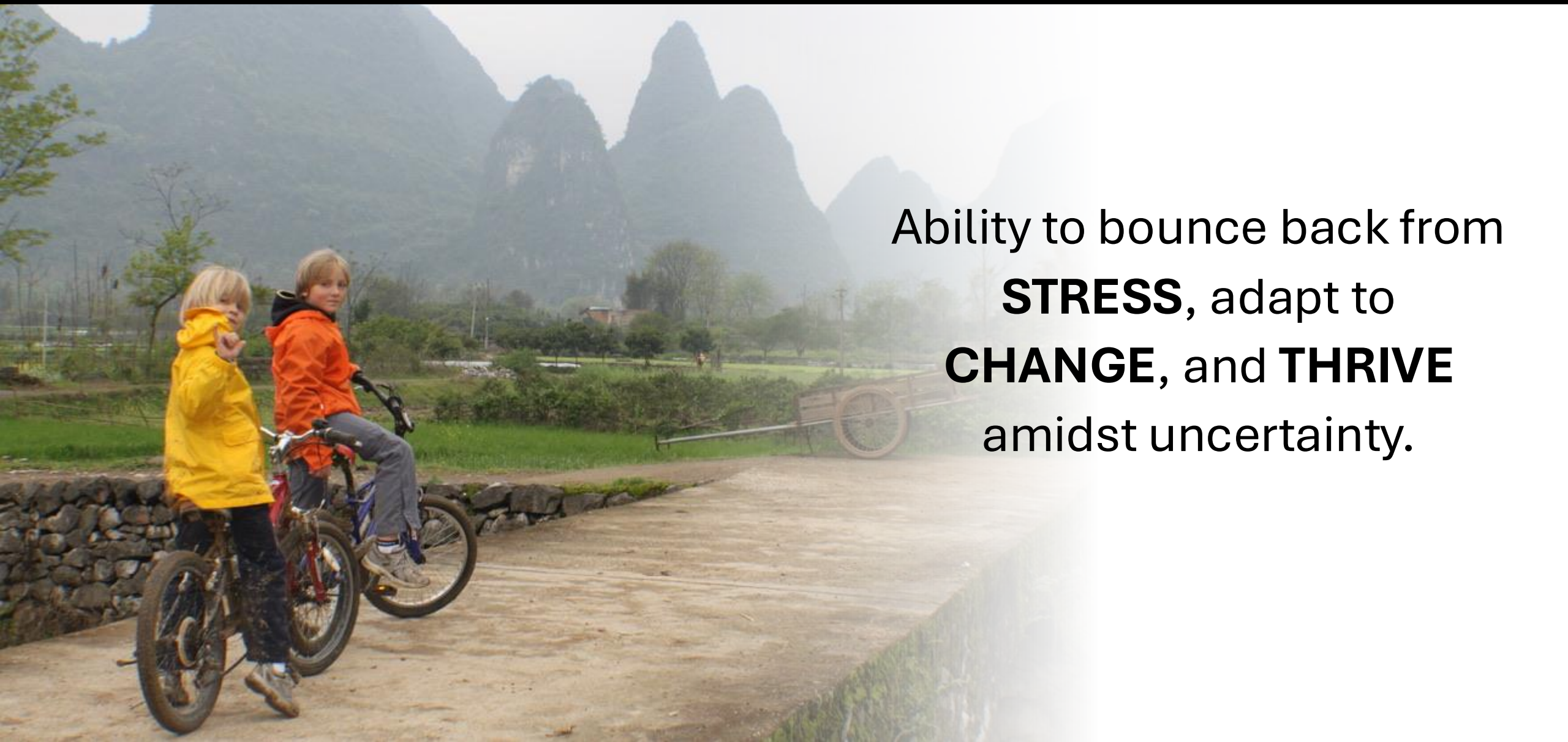
The Iceberg of Hidden Losses



Building Resilience in Globally Mobile Families

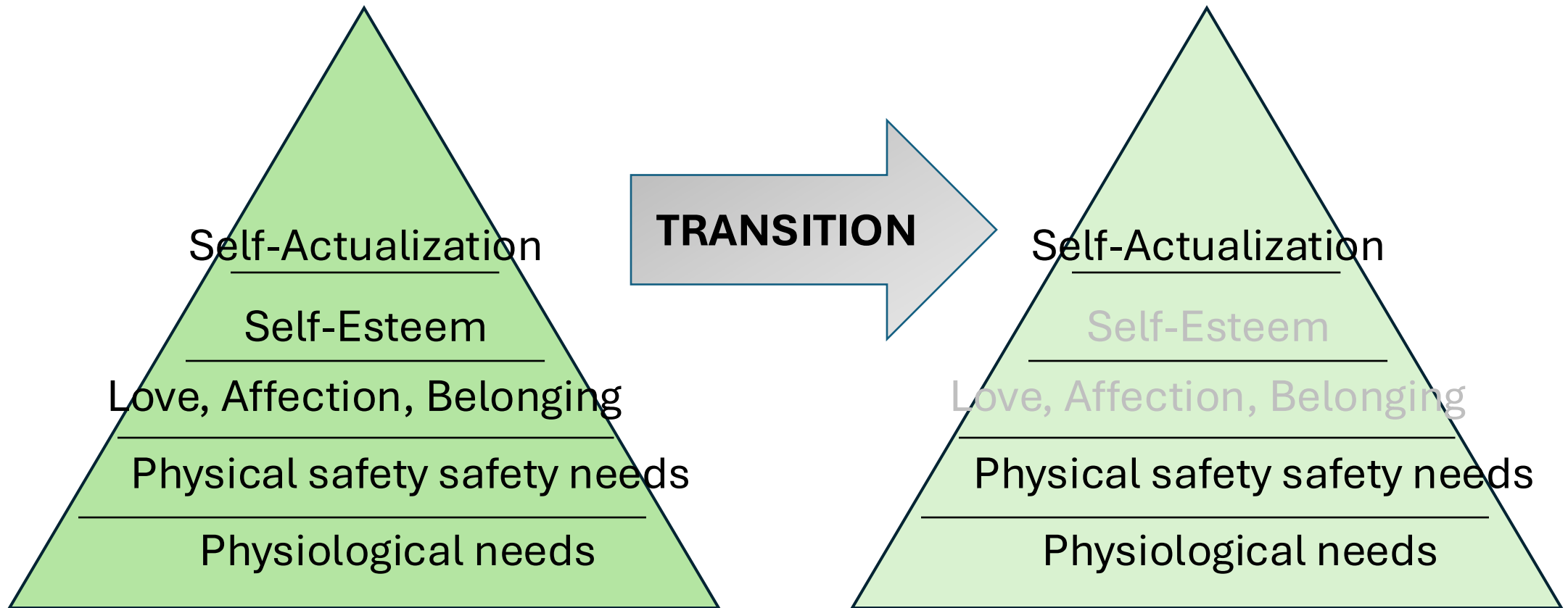


Resilience in TCKs

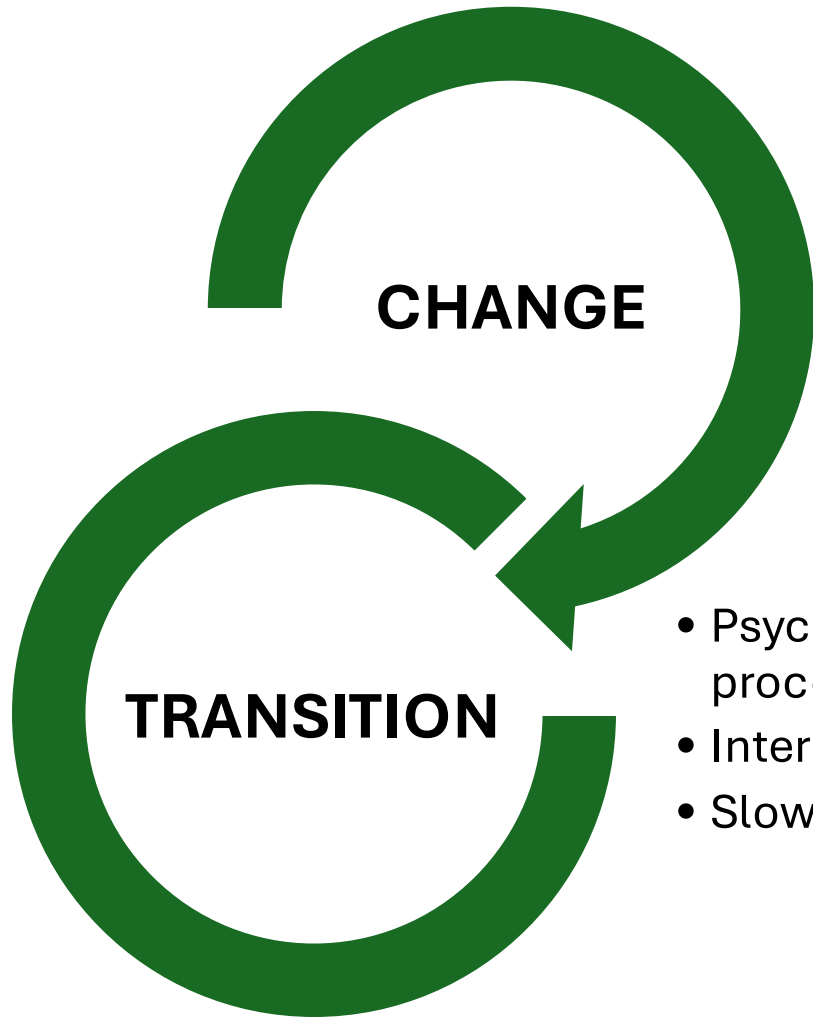
A photograph of two young children, a girl in a yellow raincoat and a boy in an orange raincoat, sitting on their bicycles on a dirt path. They are looking towards the camera. In the background, there are misty, green mountains and a small wooden cart. The scene is overcast and hazy.

Ability to bounce back from
STRESS, adapt to
CHANGE, and **THRIVE**
amidst uncertainty.

Maslow's Hierarchy of Needs



Change vs. Transition



- Event or situation
- External
- Quick and sudden

- Psychological process
- Internal
- Slow and gradual



Homesickness and Culture Shock in TCKs

EMOTIONAL SIGNS

- Mood swings or heightened emotional sensitivity
- Irritability or anger outbursts
- Sudden sadness or crying “for no reason”
- Expressions of loneliness or feeling misunderstood
- Guilt about missing one place while living in another
- Nostalgia for “how things used to be”

BEHAVIORAL SIGNS

- Withdrawal from family or peers
- Loss of interest in usual hobbies or schoolwork
- Clinging to routines or resisting new ones
- Overattachment to screens or comfort items
- Avoidance of local language or new foods
- Regressive behavior (e.g., sleep disruptions, tantrums in younger children)

Homesickness and Culture Shock in TCKs

PHYSICAL SIGNS

- Unexplained stomachaches or headaches
- Changes in appetite or sleep patterns
- Low energy or fatigue
- Increased illness (weakened immune response due to stress)

SOCIAL SIGNS

- Difficulty making friends or engaging with peers
- Comparing everything to the previous country/home
- Complaints about school or host culture
- Using humor or sarcasm to mask discomfort

Building Resilience



Building Resilience

TCK Challenges	TCK Strengths
Frequent Goodbyes & Loss	Adaptability & Flexibility
Unresolved Grief	Empathy & Emotional Intelligence (EQ)
Rootlessness	Global Perspective
Interrupted Belonging	Cross-Cultural Communication
Pressure to Adapt Quickly	Resilience Through Challenge
Educational Disruptions	Linguistic & Cognitive Agility
Loss of Cultural Reference Points	Cultural Intelligence (CQ)

Parenting Through Transitions

Ten Ways to Support Your TCK

1. Recognize and Normalize Grief
2. Encourage Storytelling and Cultural Pride
3. Provide Continuity Through Rituals and Routines
4. Teach and Model Emotional Vocabulary
5. Support Identity Anchors

Parenting Through Transitions

Ten Ways to Support Your TCK

6. Create a "TCK Treasure Box" Together

7. Foster Peer Connections

8. Create Safe Spaces for Open Expression

9. Celebrate Adaptability and Global Insight

10. Model Resilience as a Parent

Bridging Transitions Through Care



***“Life is not about waiting for
the storm to pass — it’s
about learning how to
dance in the rain.”***

— Vivian Greene



Thank you!

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