



Navigating International Transitions And Raising Third Culture Kids (TCKs)

Daniela Draugelis
March - April 2025



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

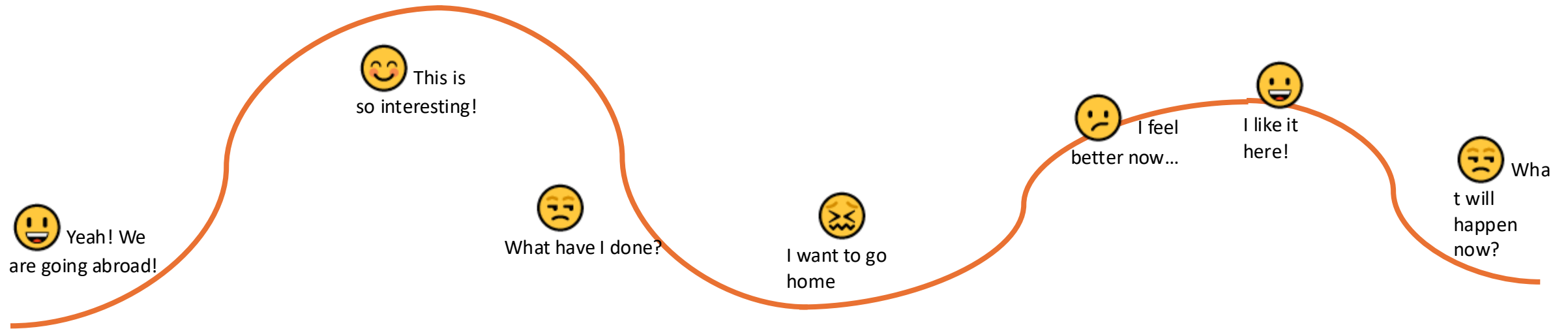
SESSION 4 (April 30)

- Relocation – Leaving Well, Arriving Ready



The Global Landscape of Mobility

Stages Of Globally Mobile Life



Preparation

Excitement
Anxiety
Curiosity
Grief
Rootlessness

Honeymoon

Novelty
Discovery
Fascination
Similarities compared

Culture Shock

Differences compared
Hostility
Criticism
Stereotyping
Isolation
Frustration
Resentful towards spouse
Homesickness

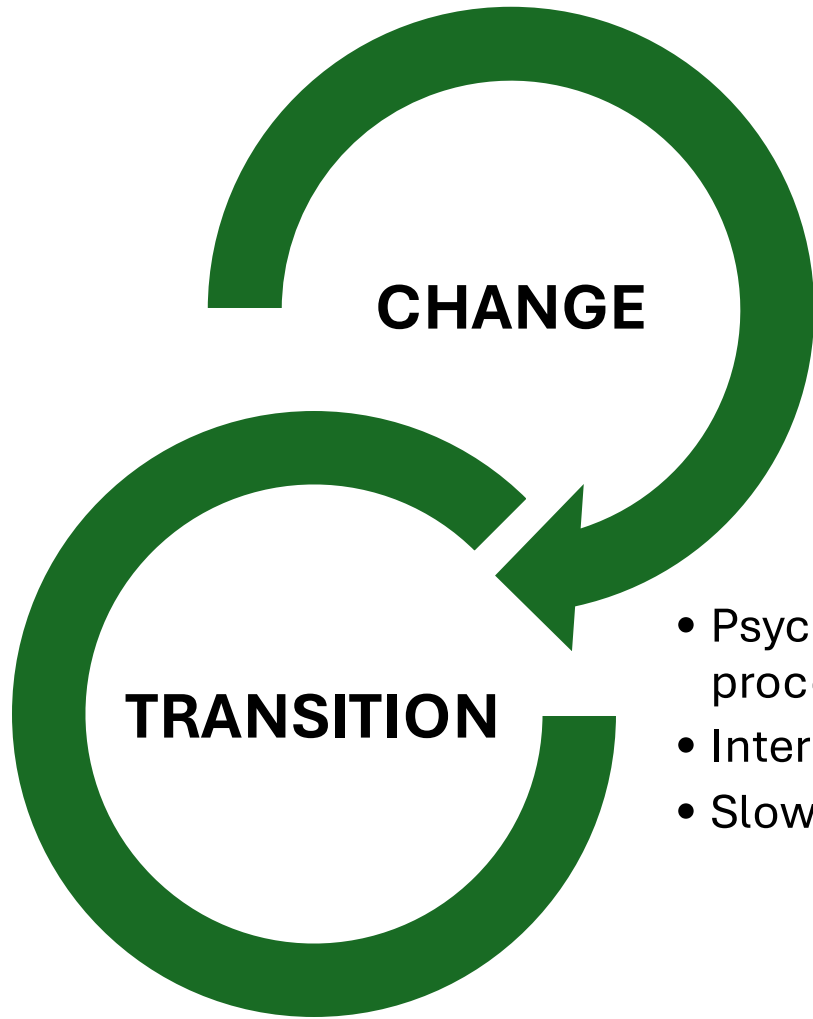
Adaptation

Host culture understanding
Increased network
Increased comfort level
Gaining language knowledge
Tolerance and acceptance
Stability and enjoyment
Immersion

Repatriation

Reverse culture shock
Uncertainty
Autonomy
Feeling misunderstood
Grief
Excitement
Curiosity
Anxiety
Isolation

Change vs. Transition



- Event or situation
- External
- Quick and sudden

- Psychological process
- Internal
- Slow and gradual



Good Goodbyes Matter

What was your most difficult goodbye?

What helped you through it?

How did you experience transition at your child's current age?



Good Goodbyes Matter

Importance of Intentional Transition

Unresolved Grief vs. Healthy Closure

Emotional Residue of Abrupt Endings

“Unresolved grief doesn’t go away – it goes underground.” – Lauren Wells



The Grief Tower

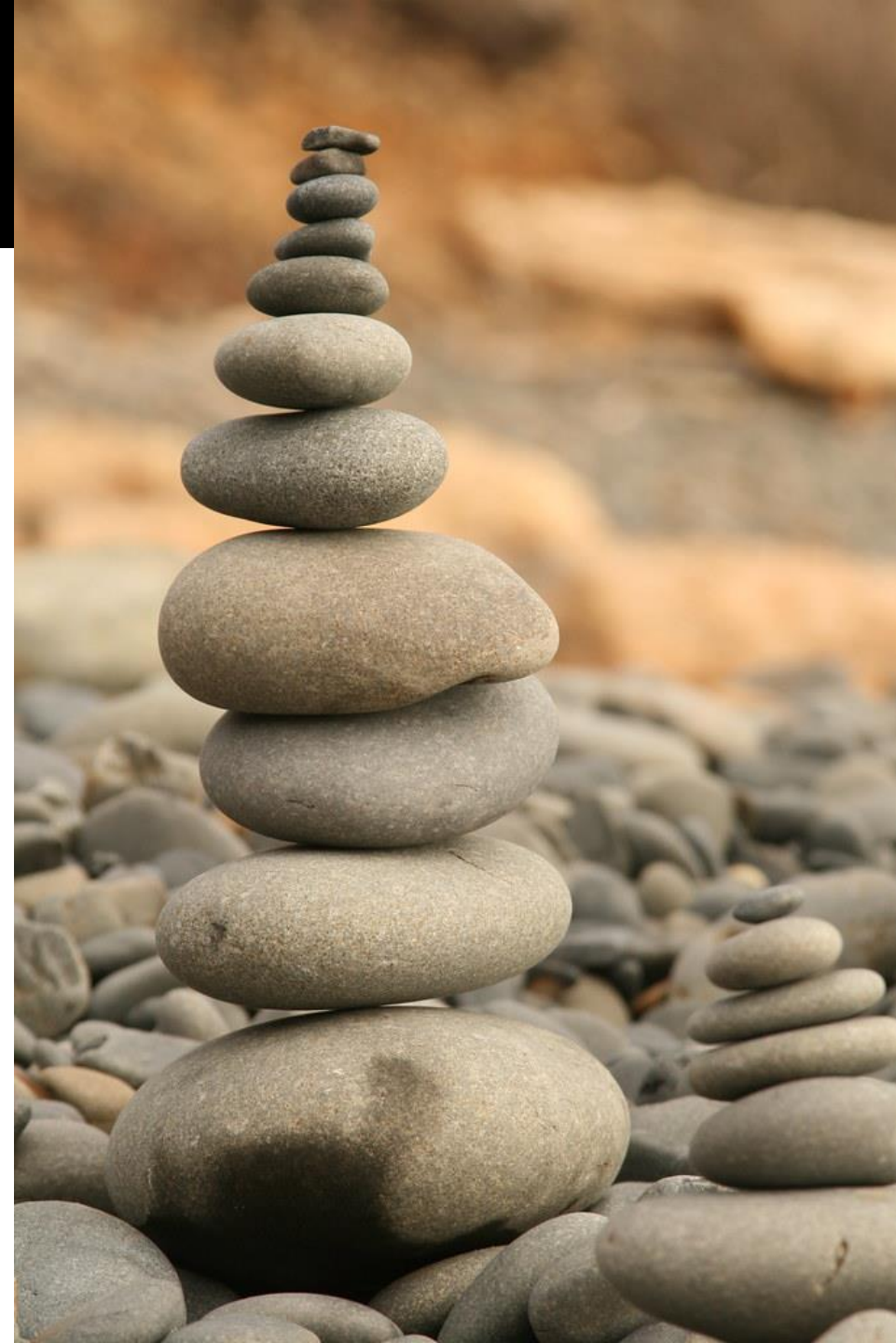
Unresolved grief builds overtime

- Frequent moves
- Hidden losses
- Identity challenges

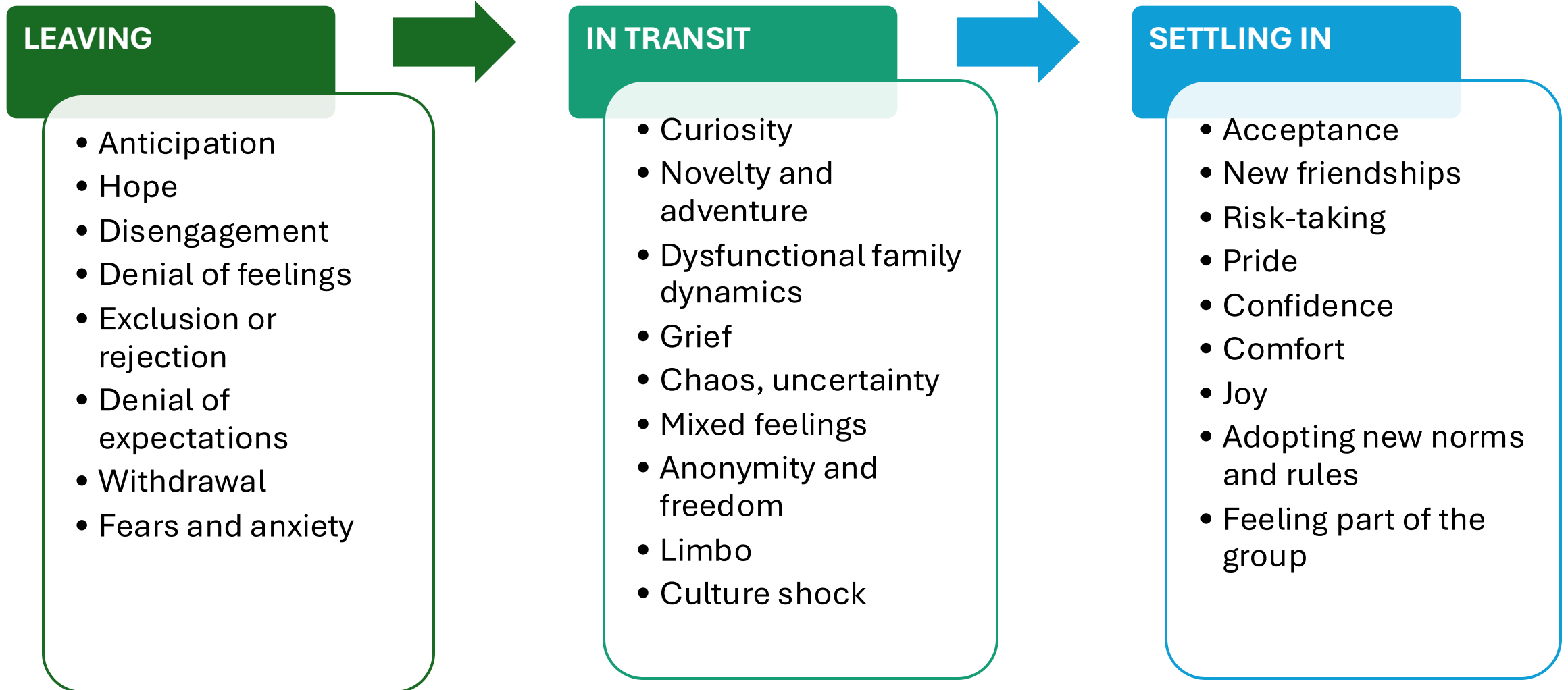
Emotional overwhelm or breakdown

Intentional parenting strategies

- Process emotions
- Build emotional intelligence
- Healthy goodbyes



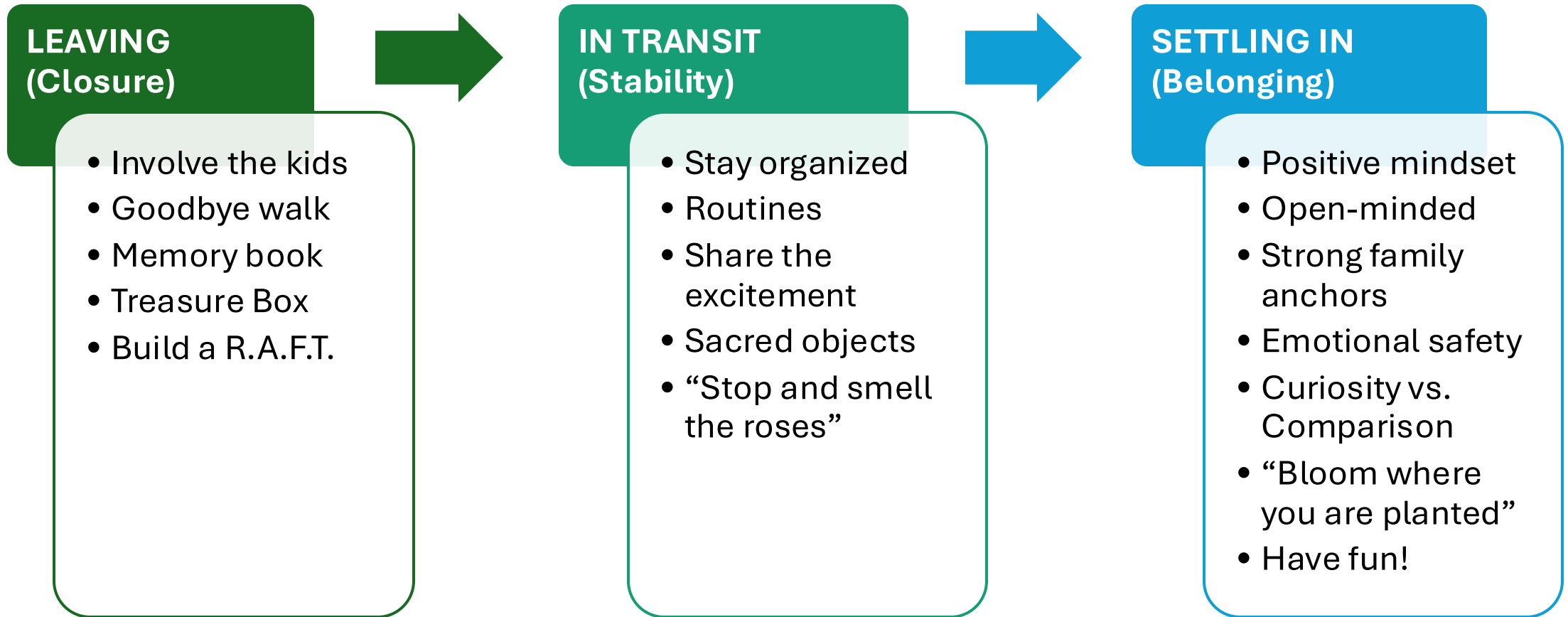
The Emotional Stages of Transition





From Awareness to Action

Strategies for Healthy Transitions



Build a R.A.F.T.



Reconciliation

Affirmation

Farewells

Think Destination

Repatriation – The Hidden Transition

You are not who you
were when you left—
and neither is your
'home.'

FEELINGS

- Reverse culture shock
- Feeling misunderstood
- Invisible grief
- Loss of multicultural identity
- Comfort
- Reconnection
- Predictability

HELPFUL STRATEGIES

- Name the grief
- Reconnect without judgment
- Acknowledge growth and change
- Conversations
- Normalize mixed emotions

The Impact on “Stayers”

When friends leave,
those who stay also
grieve

FEELINGS

- Abandonment
- Jealousy
- Insecurity
- Loss of belonging

HELPFUL STRATEGIES

- Validate emotions
- Let them create closure (drawings, letters, ceremonies)
- Normalize their grief
- Support reconnection

Safe Transitions

Secure

Predictable

Available adults

Nurturing environments



Parenting with C.A.R.E.



Communication

Awareness

Relationship

Example

Key Takeaways from our Journey Together



Understanding the TCK experience helps honor their identity

Belonging is built through strong anchors and safe relationships

Resilience grows when we recognize and support emotional needs

Leaving well is essential to arriving ready

Children need help naming and expressing emotions

You are not alone

Your kids will be OK, because they have YOU



*“Sometimes you never know the value of a moment
until it becomes a memory.”*

– Dr. Seuss



Thank you!

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