



Credit: Teri Newburn/C&MA

Great Questions to ask a TCK:

- Tell me about your favorite trip(s).
- Tell me about one of your favorite people.
- What do you like to do in your free time?
- What do/did you enjoy (or not) about ____ (your day, living here, your school, etc)?
- What is something you're looking forward to?
- What do you like (or dislike) about your life?
- What helps you feel at home somewhere?
- What would you like for us to do together?
- What is true about you no matter where you are?
- Who or what do you miss right now?
- How are you doing? (for real!) Tell me more!
- How can I pray for you?

A few of our favorite resources:

WEBSITES:

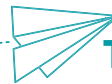
- Lauren Well's workshops & books will enhance your TCK-parenting & care-giving skills: tcktraining.com
- Interaction International provides many programs, services and publications for TCKs and families: <https://interactionintl.org/>
- Connected Families helps you learn to lead your family with grace: connectedfamilies.org
- Axis helps connect teens, parents and Jesus in a disconnected world: axis.org
- Video for TCK Ministry teams - basic intro to TCK culture: https://youtu.be/3_cDrp8Aq18

BOOKS:

- Third Culture Kids: A Gift to Care For by Ulrika Ernvik
- The Grief Tower by Lauren Wells
- Grace Based Parenting by Tim Kimmel
- Safe House: How Emotional Safety Is the Key to Raising Kids Who Live, Love, and Lead Well by Joshua Straub

What is a TCK?

"A TCK is a person who has spent a significant part of his or her developmental years outside the parents' culture. The TCK frequently builds relationships to all of the cultures, while not having full ownership in any. Although elements from each culture may be assimilated into the TCK's life experience, the sense of belonging is in relationship to others of similar background." (Pollock & Van Reken, 1999)



Transition TIPS for everyone

- Lean into joyful and difficult discoveries with gratitude: journal & debrief on a regular basis!
- Build a RAFT to help you through the transition: Reconciliation, Affirmation, Farewell, Think Destination
- For more information, read "[A RAFT for Transitioning through Uncertainty and Disruption](#)" from figt.org
- Build trust, be authentic and accept the complexity of each person's unique transition experience.
- Ask open-ended questions, like those listed on the left.
- Practice self-care and spiritual disciplines.
- Seek outside help when you feel overwhelmed.

What about anxiety?

Anxiety and depression in children are on the rise.

PREVENTATIVE TIPS FOR YOUR FAMILY:

- Print a page of emojis + the transition bridge (available from your TCK Advocates [here](#)).
- Introduce this page for the first time during a low-stress moment (for example, Saturday breakfast.)
- Ask each person, "How are you feeling today?" and take turns sharing. Say, "Tell me more!"
- Continue this habit regularly. Conversations about emotions will be easier and everyone will use the same emotions- vocabulary!

ANXIETY & TRANSITION RESOURCES:

- Read this: copingskillsforkids.com/calming-anxiety
- Search YouTube for "[Belly Breathing Song by Esme & Roy](#)" or "[Sesame Street Belly Breathe](#)"
- Read part 1 & 2 of "[Practical Tips for Helping Your Child Process the Grief of Moving Overseas](#)" found at tcktraining.com
- Read this: "[Helping Children Through Transitions](#)" found at psychologytoday.com