

Some of my Favorite TCK Resources

Compiled By Megan C. Norton-Newbanks, www.adultthirdculturekid.com

BOOKS

For Parents / Mentors

Theory/Practice/Narrative

- Third Culture Kids: Growing Up Among Worlds, 3rd Edition Ruth Van Reken, Michael Pollock, David Pollock (2017)
- Raising Global Teens: A Practical Handbook for Parenting in the 21st Century, Anisha Abraham (2020)
- Incredible Lives and the Courage to Live Them: Thoughts of a Third Culture Kid Therapist, Rachel Cason (2023)
- Belonging Everywhere and Nowhere: Insights into Counseling the Globally Mobile, Lois Bushong (2013)
- Third Culture Kids: A Gift to Care For by Ulrika Ernvik (2019)
- Arrivals, Departures, and the Adventures In-Between, Christopher O'Shaughnessy (2014)
- Safe Passage: How Mobility Affects People and What International Schools Should do About It, Doug Ota (2014)
- Growing Up in Transit, Danau Tanu (2017)
- Belonging Beyond Borders: How Adult Third Culture Kids Can Cultivate a Sense of Belonging, Megan Norton (2022)
- Emotional Resilience and the Expat Child: Practical Storytelling Techniques that Will Strengthen the Global Family, Julia Simens (2011)
- Raising Multiracial Children: Tools for Nurturing Identity in a Racialized World, Farzana Nayani (2020)
- This Messy Mobile Life: How a Mola Can Help Globally Mobile Families Create a Life by Design, Mariam Navaid Ottimofiore (2019)
- Raising a Generation of Healthy Third Culture Kids: A Practical Guide to Preventive Care, Lauren Wells (2020)
- Global Cosmopolitans, Linda Brimm (2010)
- Pieces of Purple, Michele Phoenix (2025)

Narrative

- Letters Now Sent: A Collection of Letters from the Globally Mobile, Compiled by Megan Norton-Newbanks (2025)
- A Work of Heart: A Collection of Artwork from Multicultural Individuals, Simona Wiig & Megan Norton-Newbanks (2025)
- Worlds Apart, Marilyn Gardner (2018)
- Colours of a Cultural Chameleon, Shakti Hannie (2020)
- I'm from Earth?, Carissa Gobble (2020)

For Teens / Young Adults

Theory/Practice/Narrative

- Misunderstood: The Impact of Growing Up Overseas in the 21st Century, Tanya Crossman (2016)
- Tarmac, Laura Ward and Brenda Keck (2021)
- Unstacking Your Grief Tower, Lauren Wells (2021)

Narrative

- The Third Culture Teen, Jiwon Lee (2020)
- Girl Uprooted, Lena Lee (2023)
- Tales of a Diplomat's Daughter, Maria Suazo (2021)
- Letters Never Sent, Ruth Van Reken (2012)

For Children

Theory/Practice/Narrative

- Slurping Soup and Other Confusions (2013)

Narrative

- B at Home: Emma Moves Again, Valerie Besanceney (2016)
- The Boy Who Weaves the World, Marci Renee (2021)
- Across the Pond, Joy McCullough (2022)
- Sammy's Next Move, Helen Maffini (2011)
- More to the Story, Hena Khan (2020)
- A Fish Out of Water, Hannah Flatman (2022)
- Faraway Families, Jena Rhydderch; Jocelyn Tochor (2019)
- A World of New Beginnings, Melissa Garin (2023)

Would you like to contribute to or pass on information about collaborative TCK books? Check out book project briefs on Beyond Borders Publishing's website:

BEYONDBORDERSPUBLISHING.COM

DISSERTATIONS/RESEARCH

- Adult Third Culture Kids (ATCKs): Working With Their Language Skills and Intercultural Competence, Jennifer Kuhne (2025)
- Adult Third Culture Kid's (ATCK's) Concept of Belonging and Identity Creation: Can Spiritual Self-Leadership be a Solution?, Shelly Lyons (2025)
- TCKs as Unique Sources, Monika De Waal PHD Dissertation (2022)
- TCK Trainings Research/Surveys/White Papers - www.tcktraining.com



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PODCASTS

TCK-specific

- TCK Research Podcast – Hosts: Dr. Mathieu Gagnon, Andrea Schmitt
- Life Story Therapies – Host: Dr. Rachel Cason
- Talks with a TCK Friend – Host: Maria Suazo
- People Like Us – Host: Jen Mohindra
- Pondering Purple – Host: Michele Phoenix
- TCK Training Podcast – Hosts: TCK Training Team
- Successful Student Transitions – Hosts: Louise Wiles, Elizabeth Gillies
- Diesel&Clooney Unpack the World – Hosts: Jerry Jones, Chris O'Shaughnessy

Expat/Global Mobility/Intercultural

- Culture_x_change
- Nomadic Diaries – Host: Doreen Cumberland
- The Big Purple Blob – Hosts: The Big Purple Blob Team
- The Global Chatter – Host: Amanda Bates
- A Culture Story – Host: Megan Norton-Newbanks

COMMUNITIES

TCK-specific

- NAFSA TCK/Global Nomad Interest Group (for supporting TCKs at university) – www.nafsa.org
- Safe Passage Across Networks – www.spanschools.org
- Home TCK Clubs – Platform & In Person Home Clubs Meet Ups Globally
- Network/Podcast/Forum/Stories of Asian TCKs – www.tcksofasia.org
- People Like Us (Facebook Community) – Jen Mohindra
- MuKappa International (for university TCK students)
- TCK Connect – www.interactionintl.org/programs/tck-connect
- Brianna White's TCK Connect Monthly Calls – <https://intrepidcounseling.org/>

Expat/Global Mobility/Intercultural

- Families in Global Transition – www.figt.org

TCK-THEMED FILMS

Narrative

- Alien Citizen – Elizabeth Liang
- The Road Home

Relevant for TCKs

- The Namesake
- Inside Out
- Encanto
- Luca

RESOURCE LIBRARIES/'HUBS'

- TCK Book Resource Hub – www.tckresources.com
- TCK Resource Hub – www.mnrl.outreach.ca
- TCK Artwork Hub – www.culturemiks.com
- TCK Mama – www.thirdculturemama.com
- Third Culture Kid International – www.tcki.org
- Expat Valley – www.expvalley.com
- Families in Global Transitions – www.figt.org

WEBSITES/BLOGS

- Life Story Therapies
- Communicating Across Boundaries
- A Life Overseas
- TCKI
- Parenting TCKs
- The Black Expat
- Expat Valley
- Families in Global Transition
- Velvet Ashes
- MK2MK
- TCK Town
- Among Worlds Digital Magazine
- Culturs Digital Magazine
- Adult Third Culture Kid
- TCKidNow
- Cross-Cultural Kids (Ruth Van Reken's website)

EDUCATION CONSULTANTS

- April Remfrey – Remfrey Consulting
- Ellen Mahoney – Sea Change Mentoring
- Andrea Schmitt – Global Girl Coach
- Sharoya Ham – Embrace Behavior Change
- Eleni Vardaki – EFT Tapping Coach
- Valerie Besanceney – Roots with Boots
- Jane Barron – Globally Grounded
- Ulrika Ernvik – Safety Stories
- Rebecca Grappo – RNG International
- Brian Duggan – Top Score Education
- Global Village Tutors

TED TALKS / YOUTUBE

- Ruth Van Reken
- Rebeca Hwang
- Aparajita (Jaya) Vashisth
- Pico Iyer
- Taiye Selasi
- Chimamanda Ngozi Adichie
- The Mixed-Up Chameleon Read Aloud, Storytime Video, The World of Eric Carle
- What It's Like Being a THIRD CULTURE KID, Smile Squad Comedy
- Swirly Read Aloud, Kaycee Robinson



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