



Recommended Resources

Last updated September 2021

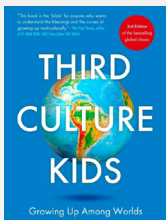
There are now so many great resources available to cross-cultural families and the globally mobile community! In this resource list I have included a range of books I regularly recommend for parents, educators, and cross-cultural kids of all ages. There are also services/organisations supporting cross-cultural families and the globally mobile, podcasts, blogs, resources for multicultural/multilingual families, and Christian resources. This is a diverse but non-exhaustive list of good resources. If you are looking for something specific that doesn't seem to be covered by what you find here, feel free to ask me for further advice.

Tanya Crossman

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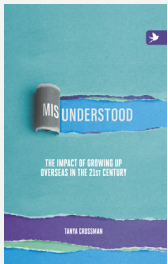
Books



[Third Culture Kids: Growing Up Among Worlds, 3rd Edition](#)

David C. Pollock, Ruth E. Van Reken, Michael V. Pollock; 2017

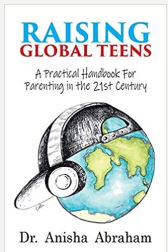
Updated edition of the original and classic book on TCKs. A comprehensive, research-filled treatment of the topic. Colloquially known as the "TCK Bible."



[Misunderstood: The Impact of Growing Up Overseas in the 21st Century](#)

Tanya Crossman, 2016

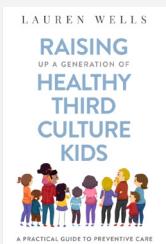
The other broad research-backed exploration of the TCK field; a less heavy introduction with a social-emotional focus. Highlights stories of TCKs from diverse backgrounds, the importance of validating their experiences, and long-term emotional growth.



[Raising Global Teens: A Practical Handbook for Parenting in the 21st Century](#)

Dr. Anisha Abraham, 2020

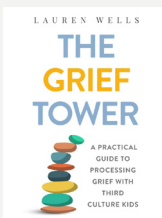
Looks at all the big issues facing modern teenagers in cross-cultural contexts. Tackles puberty, brain development, body image, technology, mental health, drugs, and so much more - all with a clear understanding of how cross-cultural life impacts every one of these areas. Both professional and personal, with straightforward advice and easy-to-read explanations.



[Raising Up a Generation of Healthy Third Culture Kids: A Practical Guide to Preventive Care](#)

Lauren Wells, 2020

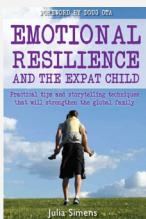
Fantastic book that lays out step-by-step instructions for how parents can instill resilience in their TCK children at any age. The practical preventative care techniques are adapted for different ages, and different types of children - several options or variants are provided to help you find the right approach for your family. Recommended for working with students of all ages, especially within the family; also adaptable to classroom and other caregiving settings.



[The Grief Tower: A Practical Guide to Processing Grief with Third Culture Kids](#)

Lauren Wells, 2021

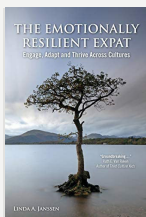
A short book of practical strategies, recommended for grief processing with children and young people of all ages. Helpful for families, care workers, and adaptable to classroom settings



[Emotional Resilience and the Expat Child: Practical Storytelling Techniques That Will Strengthen the Global Family](#)

Julia Simens, 2011

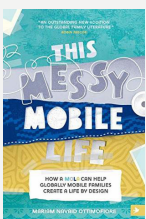
Full of practical ideas (includes workbook activities) for working with elementary students. Designed for families, but also easily adaptable to classroom settings.



[The Emotionally Resilient Expat - Engage, Adapt and Thrive Across Cultures](#)

Linda Janssen, 2013

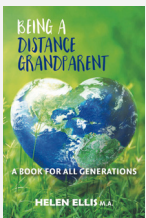
Recommended for expat adults wanting to improve their own resilience and processing.



[This Messy Mobile Life: How a Mola Can Help Globally Mobile Families Create a Life by Design](#)

Mariam N Ottimofiore, 2019

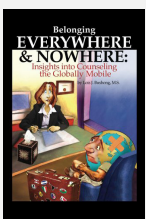
A comprehensive guide to international life in a family that mixes ethnicities, passports, languages, and religions. Humour and compassion provide a guide for how to create your own blend.



[Being A Distance Grandparent: A Book For All Generations](#)

Helen Ellis, 2021

Empathetic and practical guidance for navigating long-distance extended family relationships. Moving abroad doesn't mean losing out on close relationships with grandparents and other daily members, and this book helps you understand how to make those connections happen.



[Belonging Everywhere and Nowhere: Insights into Counseling the Globally Mobile](#)

Lois J. Bushong, 2013

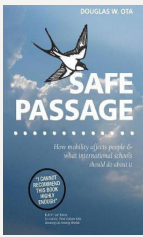
A counsellor explains long term mental health impacts frequently seen in adult TCKs, and how this is misunderstood or misdiagnosed by typical mental health care processes. Ostensibly written to other mental health professionals, it is still full of helpful insights that adult TCKs and their parents can learn from.



[Growing Up in Transit: The Politics of Belonging at an International School](#)

Danau Tanu, 2017

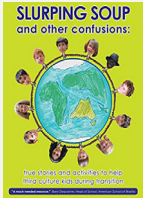
High quality research investigation leading to critique of how Western-style international education often reproduces socio-cultural inequalities within student experiences of identity and belonging. Important reading for international schools: for educators, support staff, and administrators. Excellent choice for school-wide reading and PD.



[Safe Passage: how mobility affects people and what international schools should do about it](#)

Douglas W. Ota, 2016

Extremely important research-backed work empathetically investigating the impact of transience on young people, with special focus on the international school context. Looks both at students who leave and those who stay, then proposes specific strategies for addressing this. A lot of practical advice which can be applied school-wide: by administration, educators, and students.



[Slurping Soup and Other Confusions](#)

Maryam Afnan Ahmad, Cherie Emigh, Ulrike Gemmer, Barbara Menezes, Kathryn Tonges, Lucinda Willshire; 2013

A collection of true stories of TCKs followed by activities suitable for ages 3-12. Perfect for elementary students in a classroom setting, or for family activities. A catalyst for conversations. Authors include an elementary teacher, an anthropologist, a psychologist, and a social work counsellor; all are mothers of TCKs.



[Arrivals, Departures, and the Adventures In-Between](#)

Christopher O'Shaughnessy, 2014

Highly recommended for teenage TCKs, individually or as a book club/classroom activity. Speaks directly to TCKs without patronising, and includes reflective questions at the conclusion of each chapter which build EQ.



[The Third Culture Teen: In Between Cultures, In Between Life Stages](#)

Jiwon Lee, 2020

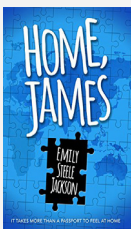
A great exploration of the experience of TCKs through the transition from international high school to independent adult life, from the perspective of a young adult TCK. Highly recommended both for older teenage/young adult TCKs and also educators/parents. Would make a good graduation gift for school leavers, or book study with final year students.



[Finding Home: Third Culture Kids in the World](#)

ed. Rachel Pieh Jones, 2019

This is an easy entry point for adults who want to know more, whether TCKs themselves or working with TCKs. The book is inexpensive, and easy to dip in and out of. It is made up of a collection of essays by different TCKs with a variety of experiences reflecting on life as Adult TCKs, each essay paired with reflection questions.



[Home, James](#)

Emily Steele Jackson, 2018

Fiction for middle school students on the experience of repatriation (returning to passport country after living abroad). Character is a middle school boy leaving China to return to the US.



[See Ya Later, Allie Rader](#)

Emily Steele Jackson, 2021

Fiction for middle school students about the experiences of adjusting after a first move abroad. Character is a seventh grade girl from the US who moves to Thailand with her family.



[B at Home: Emma Moves Again](#)

Valerie Besanceney, 2014

Fiction for upper elementary on the theme of transition and frequent relocation/preparing to relocate. Character is a ten year old girl who, after finally feeling settled in the Netherlands, learns her family will move again, to Luxembourg.



[Zara's Big Messy Goodbye](#)

Rebekah Borucki, 2021

A book that teaches elementary students about different grief styles. Character is a seven year old girl who experiences a death in her family. Together with her mother she learns about grief, and how to give and receive comfort. The content is applicable to other grief experiences such as that of global transition. Includes a guide for parents, educators, and other caregivers written by grief and trauma therapist Gina Moffa with exercises to work through.



[The Feelings Series](#)

Trace Moroney, 2019

Picture books that explain emotions, teach emotional vocabulary, and model emotional expression to young children. Not TCK specific, but extremely beneficial (comes child psychologist recommended).

Services, Communities, and Associations



[TCK Training](#)

Preventative care and curriculum for international families and care workers.



[Families In Global Transition \(FIGT\)](#)

Global and local community, with a research focus.



[Safe Passage Across Networks \(SPAN\)](#)

Improving transitions in school communities.



[Sea Change Mentoring](#)

SEL training and support for schools/educators and other groups working with young people.



[Globally Grounded](#)

Support for young people and families crossing cultures.



[Organisation To Decolonise International Schools \(ODIS\)](#)

Push to expand international school curriculums into intersectionality beyond the current Western value system.



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



[TCKidNOW](#)

An online TCK community.



[TCK Global](#)

An online TCK community.



[Expats Nest](#)

Multilingual online counselling for expats and TCKs.



[International Therapist Directory](#)

A directory for finding online and in-person therapists with international experience (there's an option to search for TCK expertise).

Podcasts



[Third Culture Stories](#)

(TCKs of Asia forums)



[Chai With Ping](#)



[A Culture Story](#)



[Diesel&Clooney Unpack The World](#)



[The Global Chatter](#)

(The Black Expat podcast)



[Migratory Patterns](#)



[Two Fat Expats](#)



[Expats Happy Hour](#)

Blogs

[Life Story Therapies](#)

Dr Rachel Cason explores TCK identity and experience.

[The Black Expat](#)

The intersection of black identity and international living.

[Communicating Across Boundaries](#)

Author and adult TCK/Missionary Kid Marilyn Gardner writes poignantly about various aspects of change, loss, memory, and more.

[And Then We Moved To Expats Since Birth](#)

For multilingual/multicultural families

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

Christian Resources

[Interaction International](#)

Excellent programs and support for TCKs/MKs and caregivers.

[A Life Overseas](#)

A global collective of writers in/adjacent to the missionary world, with excellent content on TCKs as well as other topics around international life.

[Michele Phoenix \(blog\)](#)

Michele has been doing great work in the MK community for a long time, and her website is full of wonderful resources.

[Velvet Ashes](#)

A community for women in the mission community.

[Global Trellis](#)

Training for mission workers.