

# TCK Training for TCK LIVE

## Parents' Role in TCK Care

OCTOBER 7, 2020



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## PREVENTIVE CARE

**C - Conversations**

**A - Awareness**

**R - Relationship**

**E - Example**

## CARE-ING FOR TCK CHALLENGES EXAMPLES

### Grief & Loss

*C - Open communication about the hard things, looking for moments to address grief, and loss, and teaching about emotions/feeling words.*

*A - Awareness of the consequences of unresolved grief, understanding why grief goes unresolved, recognizing that here is a solution, knowing the difference between diffusing vs. processing.*

*R - Healthy parent-child relationships are the biggest predictor that grief will be resolved. Parents can foster a healthy relationship by being a safe space for grief processing.*

*E - Modeling grief processing, using feeling words, responding well to the grief of others, modeling diffusing vs. processing.*

### Identity Challenges

*C - Create a Family Identity, verbally affirm the different aspects of TCK identity, and talk about the importance of anchoring identity.*

*A - Know the various contributors to the TCK Identity.*

*R - Relationship is critical for family identity. Allow relationship to not be influenced by national identity or lack thereof.*

*E - What do parents model to TCKs in regard to patriotism? Model your own "identity anchors" and how those influence your everyday life.*

## MAXIMIZING THE BENEFITS

Grief and Loss → Capacity for Empathy

Identity Challenges → Beautifully Complex Identity

## Healthy TCKs...

- feel, process, and resolve their grief and through it develop a beautiful ability for empathy, connection, and compassion.
- have pieces of their identity that remain anchored while they skillfully adapt to the cultures around them.