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 there 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.