



TIPS TO SUPPORT INTERNATIONALLY MOBILE CHILDREN

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Is your family navigating the complexities of raising or educating children in a constantly changing environment?

Are you wondering about the effect a childhood spent in various countries will have on your children?

Here are some tips we shared in the interview you can access through the QR code.



UNDERSTAND LIMITS

Don't underestimate the challenges children face when moving frequently and how this affects their sense of identity and belonging. Children are not infinitely adaptable.

BUILD A SENSE OF CONTINUITY AND STABILITY

- Involve grandparents, extended family to check on the children regularly, engage in meaningful conversations.
- Build a family home where everyone can recharge.
- Encourage healthy coping mechanisms, such as mindfulness practices, physical activity, and creative expression.
- Encourage children to participate in extracurricular activities, clubs, or sports teams where they can forge friendships and build a support network.
- Try to maintain the same education language throughout your children's formative years to guarantee smoother transitions. 
- Stay informed about the educational options available in different countries and seek guidance from educators or educational consultants to ease the transition. 

WHAT YOU SEE IS NOT EVERYTHING

Acknowledge the potential impact of international mobility on children's mental health and well-being.

A smile and silence don't necessarily mean that children are coping well with the situation.

Ensure you are actively listening.

- Don't hear what you want to hear but listen to what your children are actually saying. Avoid making assumptions.
- Maintain open lines of communication with children, providing a supportive environment where they feel heard and understood.
- Remember: each child is different!

ACTIVELY SEEK RESOURCES

- Educate yourselves as parents and educators by actively seeking out resources (books, podcasts, blogs, YouTube channels etc.)
- Foster connections within the international community to provide a sense of belonging and support.
- Engage with other parents and educators to share experiences, resources, and strategies for navigating the challenges of an international childhood.

