



# Supporting Families in Transition

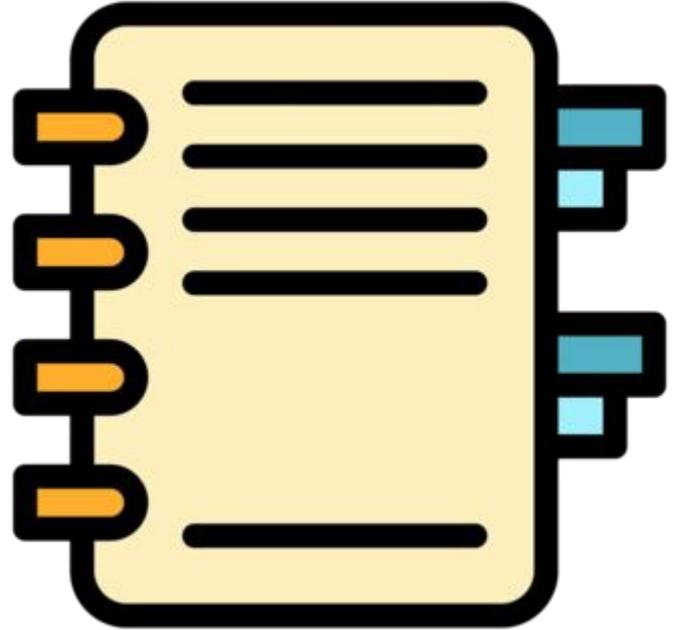
22 APRIL 2025  
UPPER COMMONS  
7:45-9:00

**JOIN THE ICS COUNSELORS FOR A  
SESSION TO SUPPORT YOUR  
CHILD(REN) & FAMILY DURING  
THIS TIME OF TRANSITION**



# Agenda

- Introductions
- Transition defined
- Your transition story
- Responding to challenges
- Supporting you and your family
- RAFT/DOCK
- Self-care
- Questions



# Take a moment to chat with someone

- What's your name?
- What grades are your children in (currently)?
- How long have you been in Addis?
- Are you an arriver, leaver, or stayer?
- *Time permitting: What challenges are you seeing with this transition?*



# Why This Matters

“It is not childish or immature to recognize feelings of sadness or loss; it does not mean the change isn’t good or you won’t adapt.

When parents acknowledge their own grief, they act as models and give children permission to express their feelings, process, and move on, allowing for a healthy transition to take place.”

David Pollock, *Third Culture Kids*

**Parties**

**FRIENDS  
LEAVING**

**Waving at  
the airport**

JAN

FEB

MAR

APR

MAY

JUN

JUL

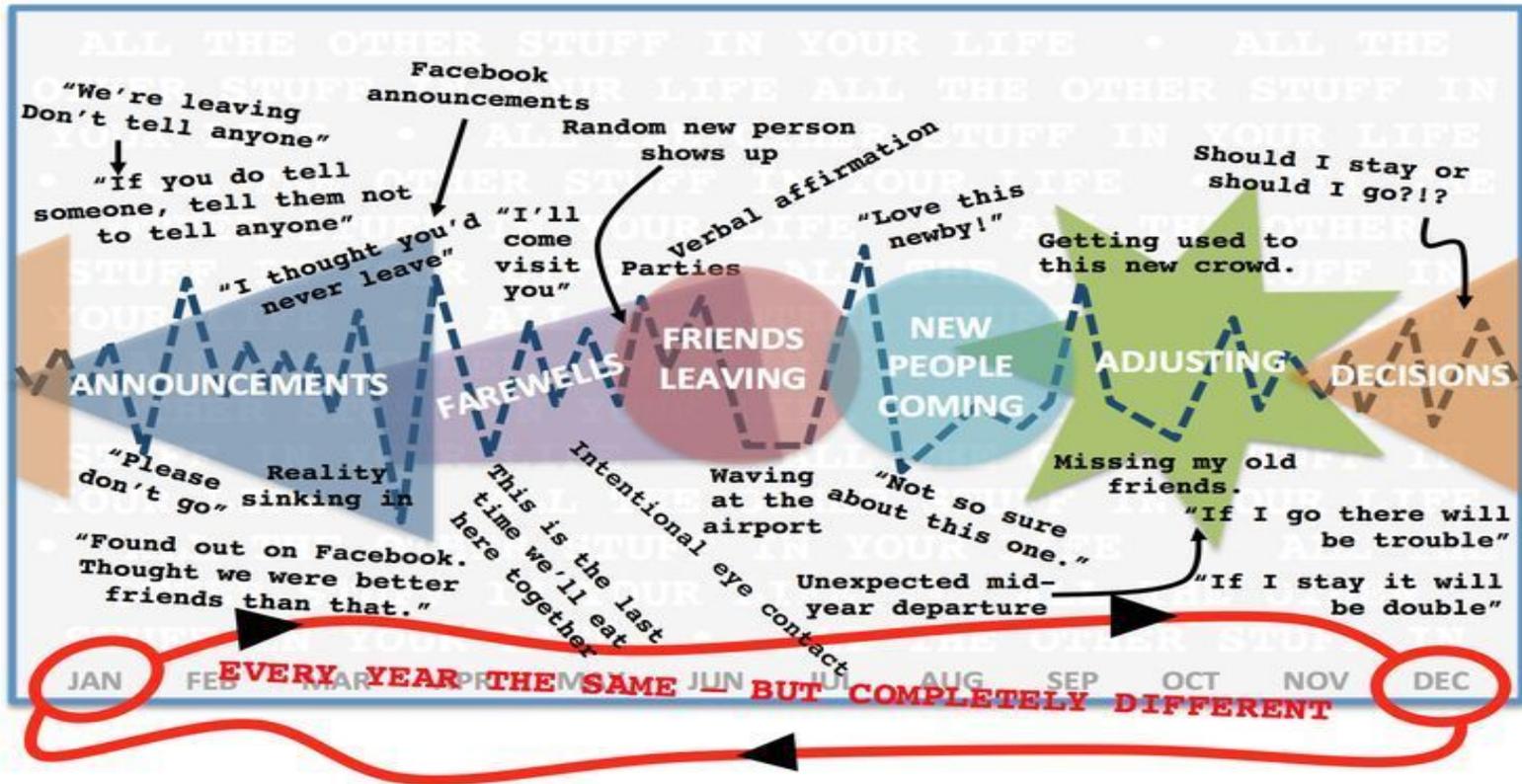
AUG

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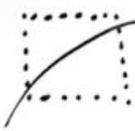
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# What do we mean with the word transition?

Transition is any time where change occurs in our life.



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 $9 + \frac{1}{2} = y + 11 \times 22 + 8?$   $\frac{1}{8} < \text{DIAMETER}$   $\frac{2+2=5=\pi$  

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 $57 + \left( \frac{8}{99} \right)^6 - \frac{47}{85} \sqrt{9/10} \div \left( \frac{C}{2} \right) \frac{48,000}{95} \left\{ \frac{45}{95^\circ} \right\} 24909$  stachio 4/10 of axis  $\emptyset$

$33^\circ/n = \frac{89}{\pi} 9000$  pores  $x$  hill  $\frac{4}{9}$   $\frac{45}{(41)}$   $\sqrt{95/10}$

**Your  
Story**

## **Take a couple of minutes to tell part of your story**

What is your current transition story?

What's great about this transition? What's hard or challenging?

What or who will you miss?

Who supports you? Who really sees what you are going through?

**What are your worries or fears with this transition?**



Most of what we do is see people and stay with them until their brains calm down...

## **What you may hear or be feeling yourself...**

I'm really scared about making new friends....

What if I don't like my new school?

I'm going to miss Addis...

What if school is harder for me in Swedish? I'm so used to English now...

I'm feeling a bit unsettled with all the changes around me...

I want to be supportive of my friends, but it's hard.

# Children and Transitions

- Comfort rather than encourage
- Give them time
- Meaningful goodbyes
- Develop portable transitions
- Prepare linguistically
- Give them the cross-cultural language
- Give ownership (choice)
- Record stories
- Identify with stories
- Keepsakes (sacred objects)
- Stay in touch
- Be intentional

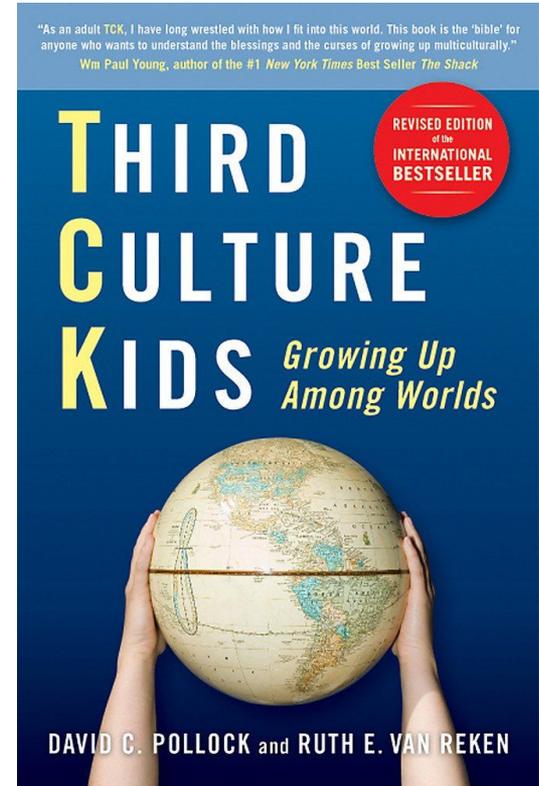


*From Roots with Boots Top 12 Tips - Supporting Your Child While You Move*

# The First Law of Transitions

*You have to say a clear 'goodbye'  
in order to say a clear 'hello.'*

*-David Pollock*



# Leavers

Build a RAFT to  
navigate life  
transitions



**Reconcile:** it is very important to resolve any conflicts before we leave. In order to do this, we need to both forgive and be forgiven.

**Affirm:** By acknowledging the influence of a person in our lives, relationships can be built and maintained. This can involve identifying special teachers, friends, house help, and family members and acknowledging them for example with notes and/or gifts.

(Say) **Farewells:** It important to say goodbye to people, places, pets and things that are important to us. This includes Grief, give yourself and your family permission and time to grieve the goodbyes.

**Think Destination:** Finally, it is imperative to begin thinking about the future destination by asking questions about it and considering what resources you will have there to support with the transition.

**Stayers**

**Build a DOCK to process  
life transitions**



**Decide to stay:** Lean into the friendships, they are still your friends;  
Decide now to invest and welcome the new people

**Offer to help:** Help our friends as they prepare to move to a new location

**Cherish the moments:** Take time to grieve and acknowledge the loss, it is not just the ones leaving that are grieving. Use your calendar and plan on dates to do last meals, parties, or even trips together in the future.

**Keep connecting and caring:** Keep in touch, both virtually and with handwritten notes/cards and care packages, Take time to process-self-reflect, Reach out to the new people that come into your life

# Group Activity



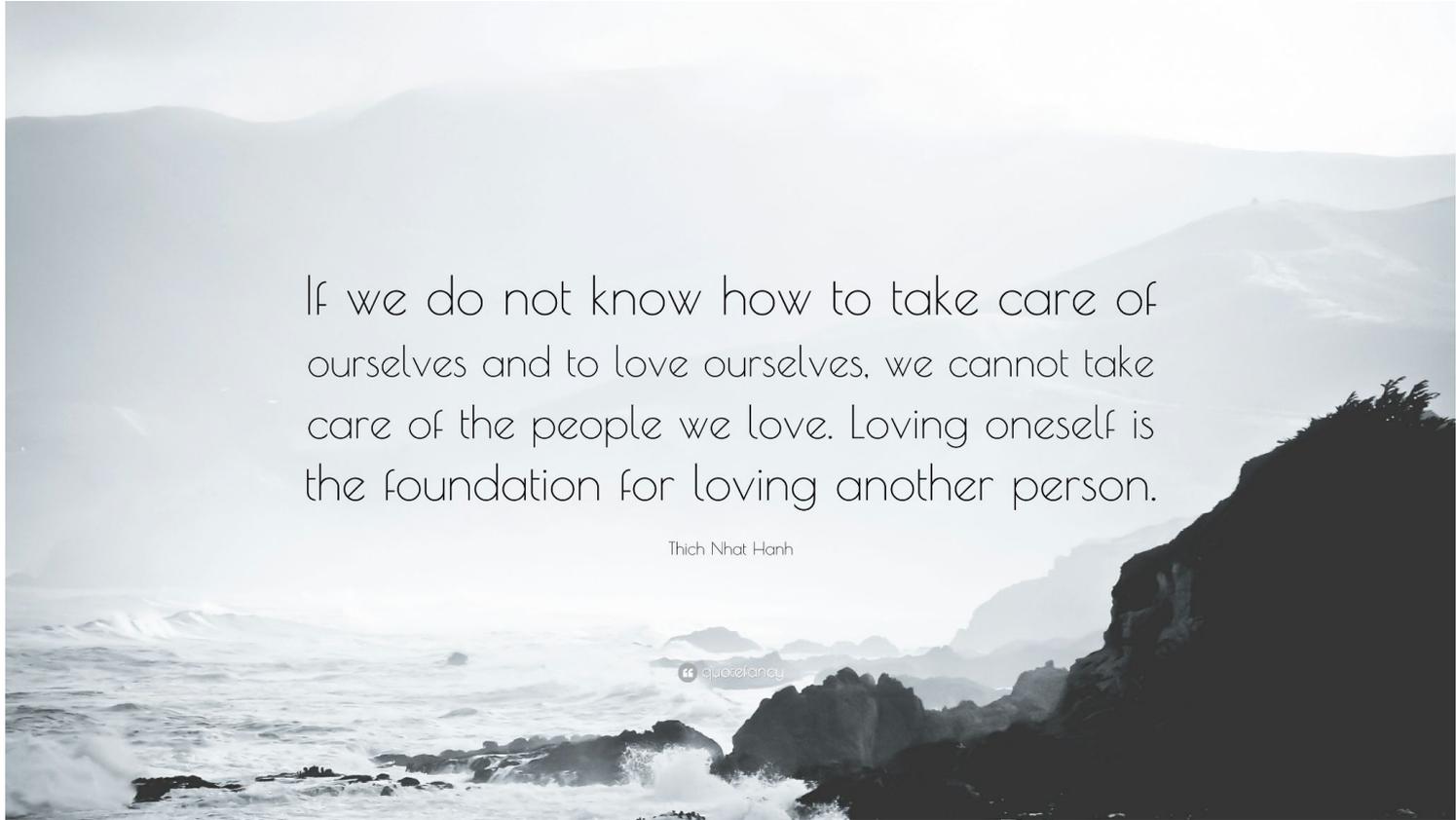
*What would a successful transition look like for you and your family?*

# Take care of yourself

If we do not know how to take care of ourselves and to love ourselves, we cannot take care of the people we love. Loving oneself is the foundation for loving another person.

Thich Nhat Hanh

quora.com



# Contact Information

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Please fill out the short feedback form  
on today's presentation.

[bit.ly/icsleavers](https://bit.ly/icsleavers)



# Resources/References

- SeeBeyond:  
<https://www.seebeyond.cc/blog/2021/1/19/how-to-build-a-raft-and-leave-well>
- Roots With Boots: 12 tips support your child when you move  
<https://www.rootswithboots.com/resources>
- Raising TCKs: <https://raisingtcks.com/2014/05/26/how-to-leave-well-build-a-raft>
- FIGT (Families in Global Transition): <https://www.figt.org/blog/8857196>
- Global Crossroads Consulting:
  - For Stayers:  
<https://www.globalcrossroadsconsulting.com/post/building-a-dock-a-resource-for-the-stayer>
  - For Leavers: <https://www.globalcrossroadsconsulting.com/post/building-a-raft>
- Some Questions to Consider when Leaving:
  - <https://www.graded.br/academics/high-school/college-counseling/college-counseling-blog/cc-blog-page/~board/college-counseling-blog/post/transition-build-your-raft>

# Resources

[A New Adventure.](#) Book for Primary Students

# Reflections/Thoughts for next time (from spring 2024)

- Quote: “When you move to Addis you cry, and when you leave Addis, you cry.” ...but for different reasons
- Think about having the group sit in a circle to start with (think morning meeting) and do some intros with questions about transitions (or the topic)
- Time-need to be a bit longer possibly, making sure to give people time to talk and maybe work on Raft/Dock
- Different facilitators to focus more on the small groups of parents, have 3 or 4 sets of discussion questions/activities to focus during each question period
- Positive-we were flexible and able to work with that problem, able to present cooperatively
- Having a specific one for G12 parents
- Time of day/ doing it virtually or hybrid
- Sending a write up via ICS Weekly and maybe Parent Chat about transition (about sessions and suggestions for the transition)
- More specific resources