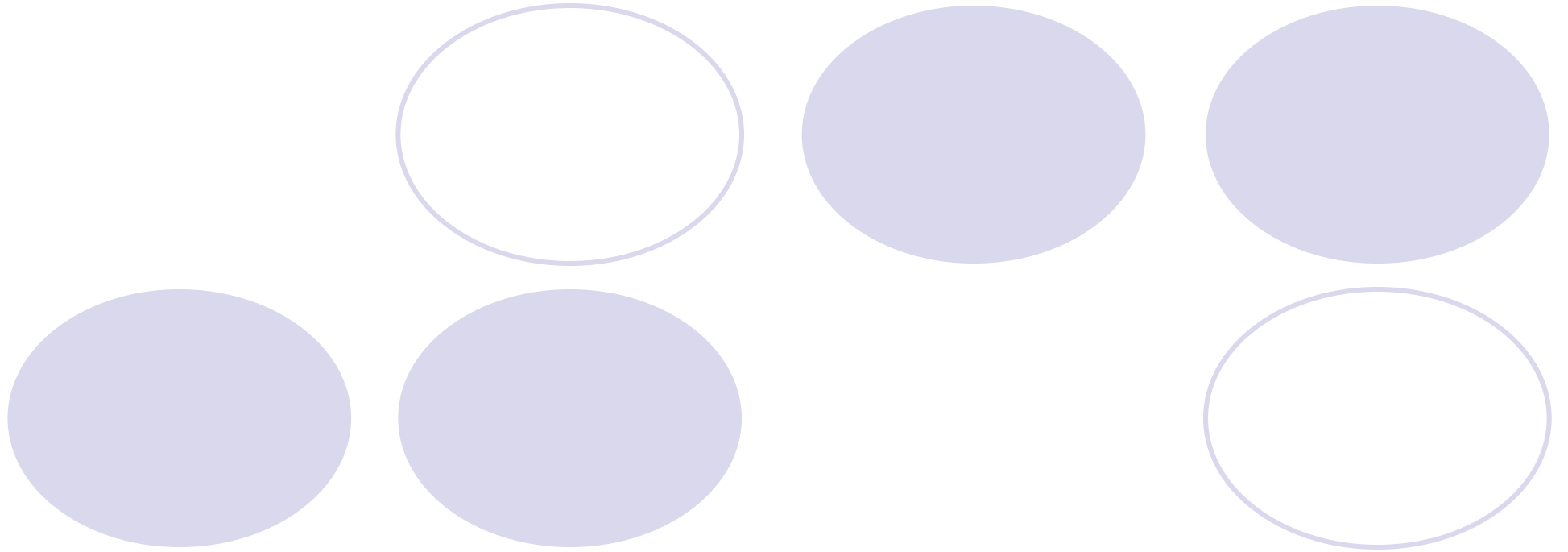


Putting the 'Good' in Goodbye

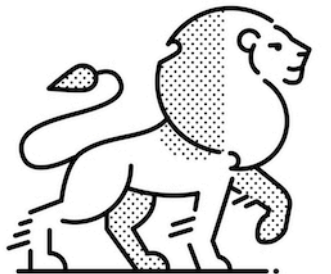


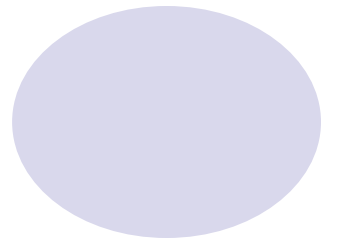
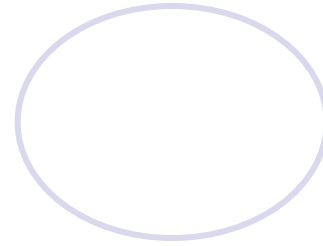
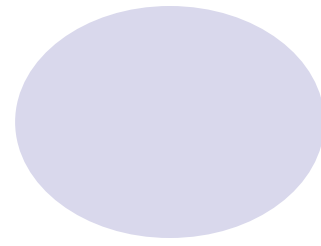
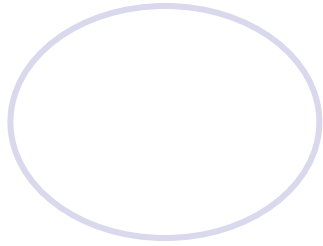
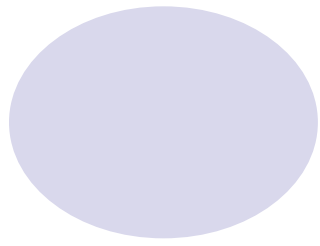
ISD

Counselling Department

**INTERNATIONAL
SCHOOL OF
DÜSSELDORF**

SINCE 1968





"Saying goodbye is **tough**.

And saying goodbye is a **two-way street**.

Saying goodbye can **keep a door open** or **slam it shut**.

And for those **left behind**, not just for those leaving,
the way you say goodbye matters.

It matters for **remembering** and it matters for **closure**.

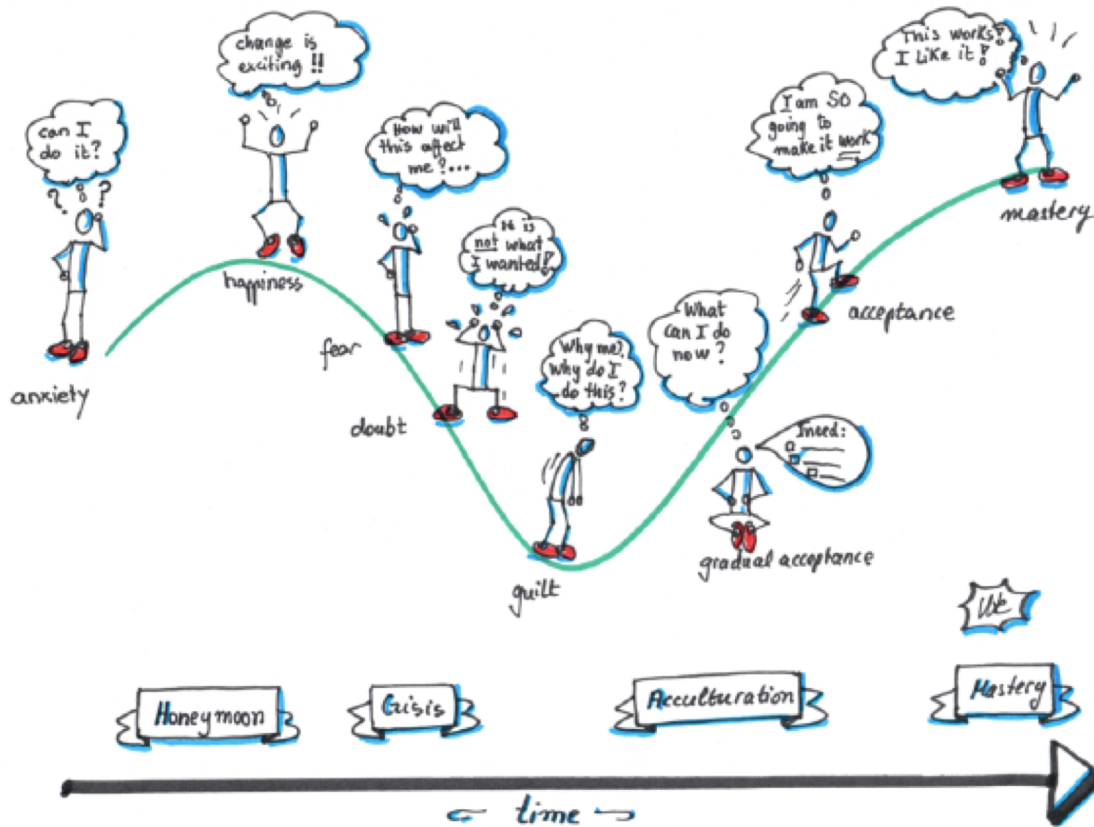
It matters for **honouring** the time spent together.

And it matters for **moving on** - and **into** - **new** relationships."

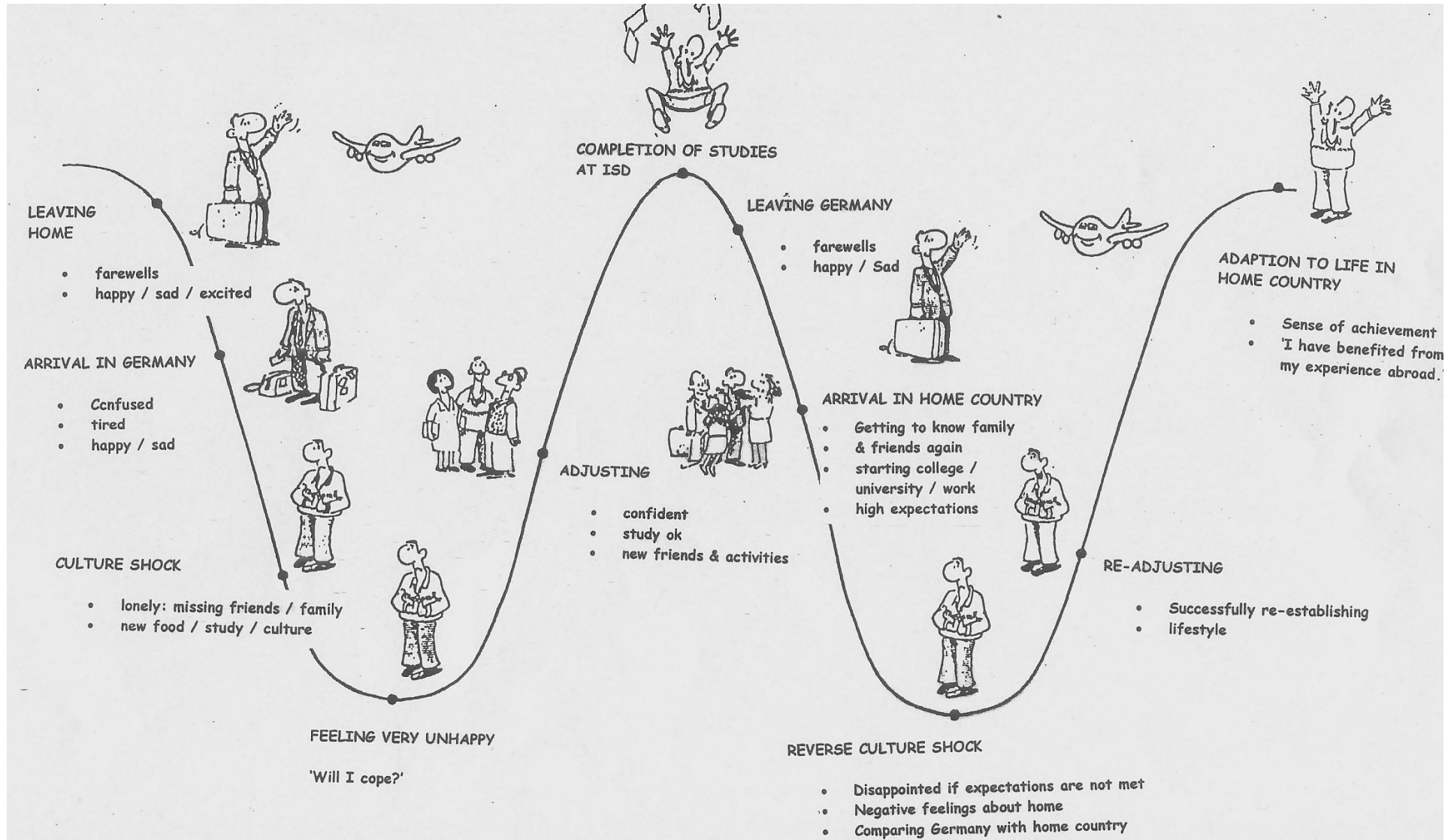
Do you remember when...

...you first arrived?

Did your **adjustment process** go something like this?



The whole picture looks something like this...



(Reverse) Culture shock...

What is it?

- Feeling **out of place** in your environment; a sense of **disorientation**.

But we're going "**home**"?

- Do your **children** think of it as "**home**"?
- Your **unique experience abroad** means that there will be a **natural period of readjustment** when you return.
- You have **grown and changed**. The people and things you are returning to **have changed as well**.
- **Awareness** of the adjustment process is the first step to managing a **successful transition**.

Saying **goodbye**

“The very reason ‘**goodbyes**’ are hard, is the very reason we **need to do them well**: because we’re leaving something, and **if we don’t fully leave it, we can’t be fully present in the next thing.**”

- Tsh Oxenreider

How do you say **goodbye**?

- Traditions, rituals, emotional responses, past experiences...

We are **not sure** that we are actually leaving?

- Think **pro-actively**
 - "It is better to transition and stay than not transition and go."

Preparing to say **goodbye**

Build your **RAFT**

*Pollock, D.C. & Van Reken, R.E. (2001)

Reconciliation: **Resolve** any conflicts with friends, colleagues, family members.

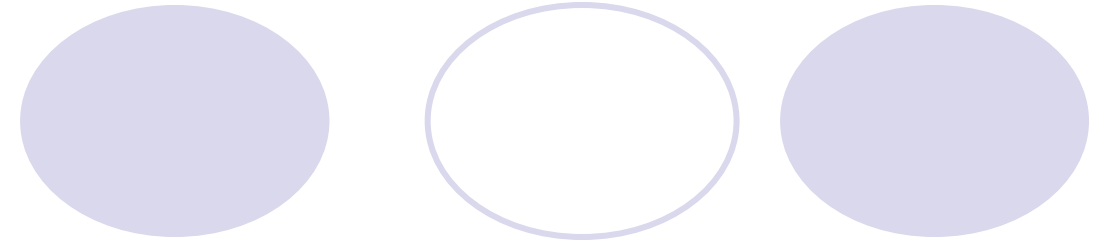
Affirmation: Express **appreciation** for your personal relationships and experiences.

Farewells: Say **clear farewells** to friends, colleagues, pets, possessions, and places.

Think ahead: Keep **expectations** in line – be mindful of over-glamorizing your return or your next destination.



Anticipate the **rapids**!



- What are the **rapids** (**rough waters**) that you **anticipate**?
 - When preparing to say goodbye?
 - When you are in your new home?
- A sturdy **RAFT** can help you to **navigate** the rapids **successfully**.

Preparing to **stay**

Use your **RAKE**

Reconciliation: **R**esolve conflicts with friends, colleagues, and family members.

Affirmation: Express **a**ppreciation for your personal relationships and experiences.

Keep in touch: Plan to **r**each **o**ut to your friends to see **h**ow and **w**hat they are doing so you can **c**ontinue to be a part of each others' lives.

Explore: **E**xplore ways to make **n**ew friends at school and **i**n the **c**ommunity— clubs, sports, activities, etc. They won't replace your old friends, but in time, they **m**ay **b**ecome an **e**qually **i**mportant **p**art of your life.



Preparing to **stay**

- Plan a short **change of scenery** and then **re-engage** with your current environment.
- Allow **time to grieve** + find **time to express gratitude**.
- Make a **plan to meet again**...or not.
- Make an effort to **be a model of transition** for your child.
- “It hurts because it’s good.”

[Staying Well](#) | [Ripple Effect](#) | [Transitioning TCKs](#)

The #COVIDCoaster conundrum

- **Virtual** goodbyes?
 - Facebook Messenger Group Calling (fun filters!) | Zoom | Google Meet
- Unique ways to say goodbye?
 - [Padlet](#) | [Flipgrid](#) | [Kudoboard](#) | [VidHug](#)
 - Car parade – friends and family drive past the house

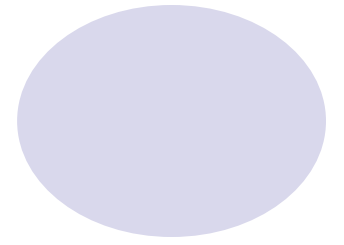
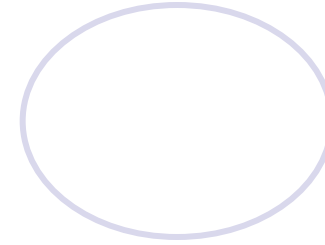
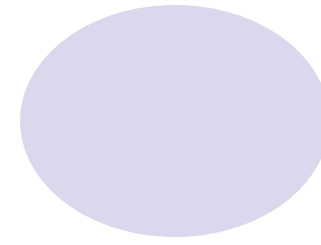


Ideas to support your **children**

Before you leave:

- Maintain **consistent** practices at home.
- **Involve** the whole family in packing.
- Make a special box of **photos** and **memorabilia**.
- Keep a **journal/blog** of the move.
 - [Global list of expat blogs | 100 expat blogs, websites & influencers](#)
- Take a **farewell tour** of favorite places.
- **Discuss** the choice of house, neighbourhood, schools, etc.
- **Visit** the new school virtually.

What else can you do?



When you **arrive**:

- Keep everyone **involved** with unpacking and decorating decisions.
- Take a break from unpacking to **explore** and **(re)familiarize**.
- Seek out **new** and/or **familiar places** to visit or things to enjoy.
- **Encourage (virtual) visits** by old friends and new ones too!
- **Acknowledge and discuss** upsetting feelings.

What else can you do?



At the **new school**:

- **Make school aware** of any health or learning issues.
- **Inform** the school counsellor or administrator about any concerns.
- **Visit** the school before the first day to get familiar.
- Do a **schedule** run-through and find your classes.
- Try to **meet** new teachers and support staff.
- **Research** extra-curricular activities – find out when tryouts/auditions happen.

Other ideas to support **you** and **your child(ren)**?

- **Share** some (other) strategies and skills that have worked for you in the past.

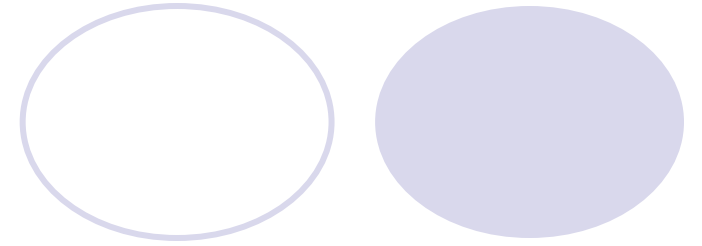
Personal changes – Adults



Red flags to watch out for include:

- Changes in **sleep patterns**.
- More **illnesses** (colds, headaches, lack of energy).
- Becoming more **accident prone**.
- Changes in **eating habits/diet**.
- **Loss of interest** in activities.
- Inability or **unwillingness** to make friends.

Personal changes – SRS Children

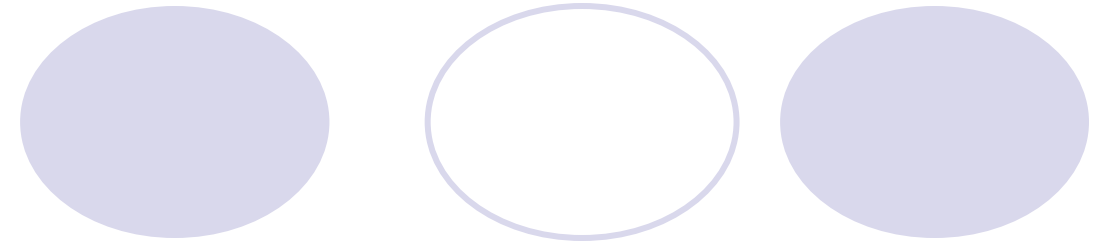


- Emotional **acting out**.
- **Drop** in grades/achievement.
- Being **negative** or **argumentative** (more so than your typical teen).
- **Withdrawing** or being **over-sensitive**.
- Needing frequent **reassurance**; being '**clingy**'.
- Premature **independence**.
- **Discipline** problems.

Personal changes – **ES Children**

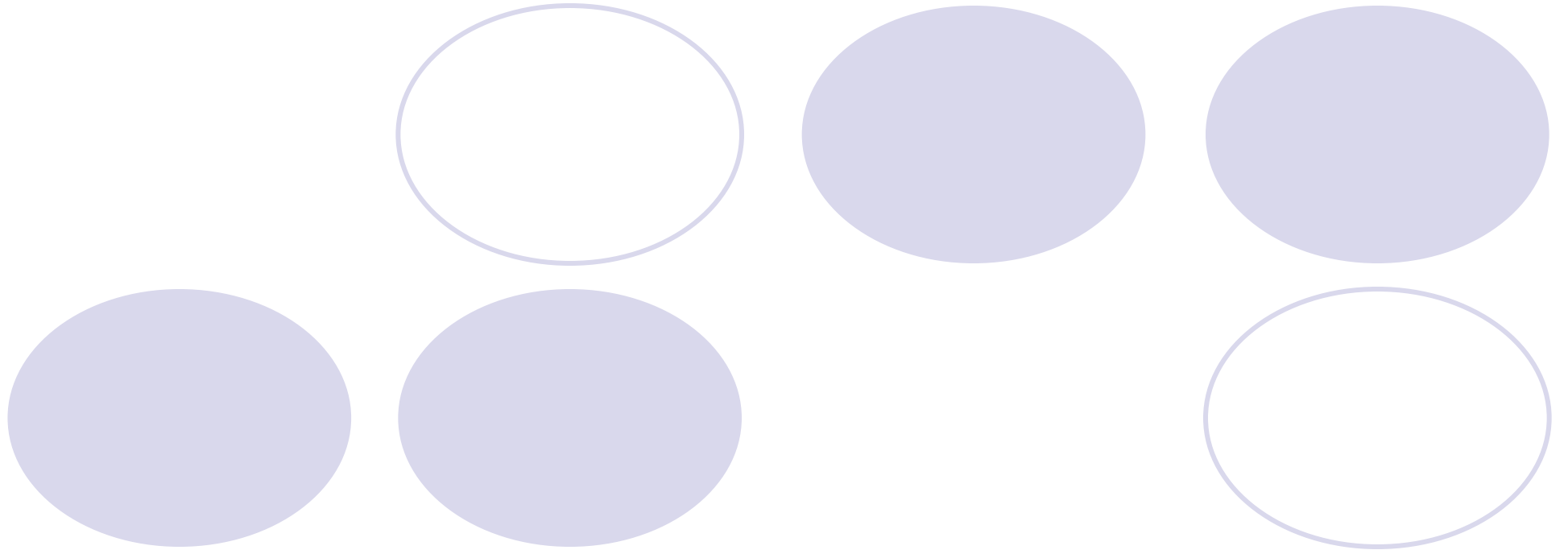
- **Regressive** behaviours.
- **Attention** seeking.
- **Non-compliant.**
- **Fears** – abandonment/loss.
- **Deterioration** in school work.
- Inappropriate/misplaced **anger.**
- **Increased dependence** on family.

Letter from the **future**....



- **Think ahead** to December.
- **Imagine** that you have been **very pleased with how the transition has gone** for you and your family.
- **Write** a letter to yourself from the present explaining what you have done to make it so successful.
 - **Smaller children**
 - **Draw a picture.**
 - Record a **video.**
- **Keep** this letter and re-read it in December.
 - **Discuss the picture / watch the video** with your child.

Thank you!



Good luck with your journey!