



Being a Distance Grandchild

A Book for ALL Generations

by Helen Ellis, M.A

Distance Families Publishing, distributed by Nationwide Books on 2 March 2026,
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An invaluable book for families scattered around the globe, written by a New Zealand researcher, writer, anthropologist and veteran of Distance Grandparenting.

This book answers a question that has never been asked before: “How is it, or how was it, being a Distance Grandchild?” When generations of a family are spread across countries and continents, it changes everything – relationships, roles, identity and connection. *Being a Distance Grandchild* explores what it means to grow up away from grandparents and extended family, giving voice to those who live between homes, cultures and time zones.

Crafted with insight, warmth and purpose, this book, written by a New Zealander, is part of a series dedicated to building empathy across the generations of globally scattered families. It helps grandparents, parents and grandchildren understand each other’s realities – sometimes obvious, often subtle and frequently unspoken.

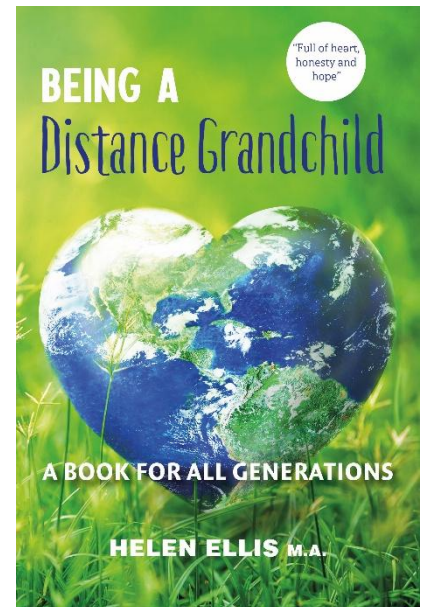
Educators, counsellors, HR professionals, military personnel, NGOs, diplomatic staff, missionary organisations, government agencies, and relocation experts – anyone working in global mobility – will also find a valuable perspective in these pages. Because behind every international move is a network of family ties that need care and understanding.

With knowledge comes understanding...
With understanding comes empathy...
And empathy is a good thing for Distance Families.

Being a Distance Grandchild – A Book for ALL Generations is the last of three in the insightful Distance Families Book Series.

“Helen Ellis aims to ‘inform and inspire’ and she has certainly achieved both. This topic needs more attention and this book is an important contribution to our understanding.”

Distinguished Professor Emeritus Paul Spoonley, Massey University



“In this beautifully written book, Helen Ellis captures the voices of grandchildren through touching and authentic stories. The narrative is warm, readable, and emotionally poignant. This is a truly valuable resource for anyone navigating the complexities of family and connection across miles.” **Dr Tracey Walmsley, University of Technology Sydney**

“As the mother of a Distance Grandchild, I found the book offered valuable insight into how my daughter navigates her relationship with her grandparents and how she has been able to create a truly special bond with them – despite the miles between them.” **Korinne Algie, Editor, International School Parent magazine**

“Being a Distance Grandchild is the book we’ve needed for a long time now. Helen Ellis captures the often-unspoken voice of grandchildren growing up far from their grandparents, and she does it with honesty, heart, and hope.” **Greg Payne, The Cool Grandpa podcast**



About Author

Helen Ellis, M.A. is a New Zealand-based researcher, writer, anthropologist, and a seasoned distance grandparent. With three of her four children, and six of her seven grandchildren (aged 2 to 26), living between 16 and 30 flight hours away in the United States, England, and Scotland, she lives the life she writes about.

Helen is the founder of DistanceFamilies.com, a platform dedicated to supporting and understanding the unique dynamics of families spread across the globe. Her guiding research question – *How is Distance Familying for you?* – reflects her deep commitment to giving voice to each generation of Distance Families.

She passionately believes that all members of Distance Families – grandparents, adult children, and grandchildren – deserve to be heard and understood. Through independent research and advocacy, Helen has taken on the mission of bridging the emotional and cultural gaps created by geography.

Being a Distance Grandchild is the final book in her three-part series exploring Distance Families from each generational perspective – grandparents, sons and daughters, and now, grandchildren. Helen encourages readers from all generations to explore the full series to gain a richer, more compassionate understanding of others’ experiences.

Helen has won numerous awards for her work, including a Copyright Licensing NZ Recipient of a Partnership Fund Grant in 2023. The Australasian Workforce Management Awards in 2022. The Temi Awards, Best Mobile Workforce Wellbeing Initiative in 2021, and the Expatriate Archive Centre, The Netherlands, EAC Thesis Award Runner-up, also in 2021. To learn more about the full series, please visit www.DistanceFamilies.com.

For media queries, review and giveaway copies, extracts and interviews, please contact publicist Karen McKenzie, 027 693 9044, karen_m@xtra.co.nz, www.lighthousepr.co.nz