



# Being a Distance Son or Daughter

by Helen Ellis, M.A

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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.**

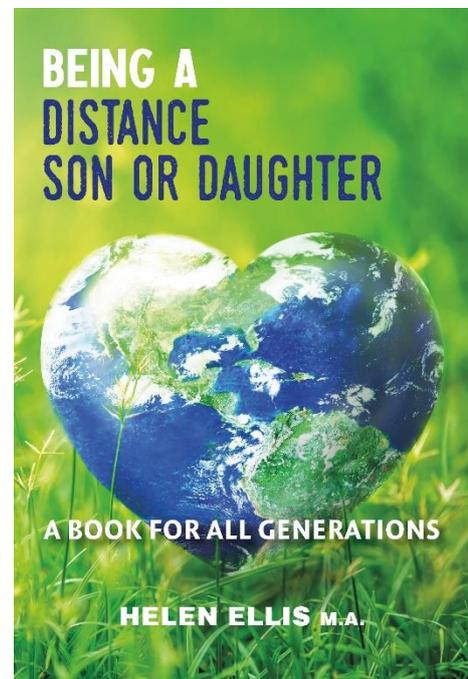
What is it truly like being a son or daughter who leaves home to live in an expat/migrant setting? How does it feel to be geographically separated from your parents, grandparents and other family members? Maybe you've left home for your studies, your career, a sense of adventure, for a challenge, for love. But how do you venture forth into your global world and still retain and nourish connections with 'home', always knowing "it was my choice to leave"?

Researcher, anthropologist and founder of DistanceFamilies.com, Helen Ellis, shares ideas, resources and stories to arm readers with the wisdom to maintain rich and fulfilling relationships with their Distance Family. You'll come away refreshed and rebooted knowing that you can all be close – despite the distance.

If you are a parent, grandparent or extended family member living back home, are you proud and graciously accepting of your family's move or do you harbour feelings of resentment? All reactions and emotions are normal. This book will make a difference to your Distance Family.

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

'I'm so glad that Helen wrote this book. Being away from parents is a challenge that accompanies so many in their expat experience (myself included!).'  
Gabriela Encina, Psychologist/Online Counseling for Women Abroad



‘Until I read Helen’s book, I was unaware that the way I felt and bumbled through my oldest relationships was common to serial expats.’

Ana McGinley, Author of *Parental Guidance: Long Distance Care for Aging Parents*

‘Helen manages to bring to life not only the different generations and points of view but also the reflections and learning that can come out of these complex relationships.’

Carolina Porto, International Transition Mentor & Author of *Lar Mundo Afora* and *Un Hogar Lejos De Casa*

‘An incredibly rich and comprehensive resource for Distance Families... This book often moved me to tears... and belongs on the bookshelf of every expat who moves abroad!’

Mariam Navaid Ottimofiore, Author of *This Messy Mobile Life*

‘The gift in this book is that being armed with these informed perspectives allows us all to make the most of our relationships, no matter where we are.’

Sundae Schneider-Bean, Intercultural Strategist and Podcaster



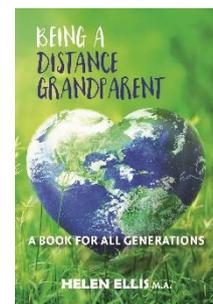
**Helen Ellis** is a New Zealand researcher, writer, anthropologist and a veteran of distance grandparenting. Three of her four children and five of her six grandchildren live 16 to 30 flight hours away in America, England and Scotland. She is the founder of DistanceFamilies.com.

In her research, she asks: ‘How is Distance Familying for you?’ Helen feels passionately that all generations of Distance Families deserve a voice and has single-handedly and doggedly taken on that role. Her goal is to support each

generation to understand how it is for the other.

This is the second of a three-book series about Distance Families – each publication focusing on a different generation (grandparents, sons and daughters, and grandchildren). Helen encourages *all* generations to read *all* three books. For an update on all titles, you are invited to visit

[www.DistanceFamilies.com](http://www.DistanceFamilies.com)



[Helen is the winner of the Australasian Workforce Management Awards, 2021 TEMI Awards, for Best Mobile Workforce Wellbeing Initiative.](#)



**Helen is available for interview.**

For media queries, review and giveaway copies, extracts and interviews, please contact publicist Karen McKenzie, 027 693 9044, [karen@lighthousepr.co.nz](mailto:karen@lighthousepr.co.nz), [www.lighthousepr.co.nz](http://www.lighthousepr.co.nz)