1. Relationships that migrants maintain with people in their home country, affect the lives of migrants in the country of settlement and families in the country of origin. Therefore to understand migration a transnational perspective on migration is needed.

2. Transnational family life does not necessarily pose problems for parents separated from their children. However, when transnational child raising arrangements do not work well, transnational separation can have a significant impact on the migrant parent’s well-being.

3. The context of migration, such as reasons that spurred migration or the context in which migrants are received, significantly impacts the formation and operation of transnational families. Generalisations across migrants groups are therefore not possible and lead to incorrect statements.

4. Structural factors, such as the economic conditions and immigration policies of a migrant receiving country, have direct impacts on family life and can strongly influence transnational family dynamics.

5. Transnational family studies have predominantly been focused on the hardship and emotional suffering of migrant mothers, thereby neglecting the well-being of fathers. Future studies should also include fathers because they can be affected as much as mothers.

6. While different kinds of transnational parenting might be expected between mothers and fathers, they do not affect mothers and fathers’ well-being differently.

7. Migration scholars, family sociologists and psychologists have largely neglected transnational families. The emphasis on nuclear co-resident families is flawed, as physical proximity is not a precondition for being a family.

8. Transnational ties, such as contact with the family in the country of origin, can better the lives of migrants and their families. Hence, migration and integration policies should not stand in the way of these double engagements.

9. “The frequently-encountered wholesale dismissal of either interdisciplinary knowledge or research reflects a profound misunderstanding of their vital contributions to scholarship, society, and individuals” (Moti Nissani, 1997, p. 201).

10. “The world is a dangerous place to live; not because of the people who are evil, but because of the people who don’t do anything about it” (Albert Einstein).