



Safe Home Base

A Regulation & Co-regulation Moai
for Global Caregivers

A Free 10-Session Parenting Community Group

Welcome to The Global Family Hub, your village, worldwide. We recognize that raising a family internationally—navigating frequent transitions, cultural shifts, and identity questions for your Cross-Cultural Kids (CCKs)—can be an incredible adventure, but it also comes with unique stressors.

The **Safe Home Base Moai** is a community-building experience designed to provide support, tools, and connection for parents and caretakers in international school communities.

What is a Moai? (Your Free Global Village)

A **Moai** (pronounced "moh-eye") is a traditional social support network from Okinawa, Japan, meaning "meeting for a common purpose". This program honors that tradition by strengthening social ties and building a resilient community.

This group is run as a **10-session community experience**, blending science-backed strategies, practical exercises, and shared experiences.

- **Format:** 10-session group experience.
- **Cost:** The group is offered **free of charge**.
- **Focus:** It is explicitly framed as **Skill Building** and **Community Building**, not therapy or coaching.
- **Commitment:** We honor the three C's: **confidential, consistent, and compassionate**.

Why This Program Matters to Global Caregivers

Your brain is often navigating complexity—cultural differences, language switches, and identity questions—which can trigger a "caveman" response that treats these psychological stressors as threats, keeping your nervous system activated. This program helps you **work WITH your biology**.

The core objective is to help parents **gain practical skills to care for children from the "Window" of Tolerance (WoT)**. Your ability to stay grounded teaches your child how to navigate cultural complexity with curiosity, not fear, making your calm their compass. Research indicates that TCKs often have a higher risk profile for Adverse Childhood Experiences (ACEs); therefore, the emotional validation skills taught here are critical protective Positive Childhood Experiences (PCEs).

The 10-Session Journey: Skills for Self-Regulation and Connection

The program is broken down into four essential components: The Foundation, Self-Management (regulating the parent), Connection Skills (co-regulating the child), and Integration.

Part I: The Foundation (Session 1)

- **Session 1: Parenting from the Window of Tolerance (WoT)**
 - **Goal:** Learn how to stay in your optimal emotional zone to respond thoughtfully. The program focuses on three goals: **Expanding the WoT**, **reducing the chance of leaving the WoT**, and **returning to the WoT**. We begin by rating foundational factors that affect window width, such as Sleep, Nutrition, and Connection.

Part II: Self-Management Skills (Sessions 2-5)

These sessions focus on regulating the parent's nervous system, recognizing there is **no co-regulation without self-regulation**.

- **Session 2: Values-Driven Parenting**
 - **Goal:** Operating from your **values, not reactivity**. Values are ongoing directions that anchor identity in a shifting global environment. Tools include the **90th Birthday Party exercise** to clarify your deepest caregiving intentions.
- **Session 3: Thought Defusion**
 - **Goal: Not following every thought you have.** Defusion creates space between you and unhelpful thoughts (like "I'm messing this up") so they don't drive your behavior. Techniques include Linguistic Distancing ("I'm noticing the thought that...") and visualization like **Leaves on a Stream**.
- **Session 4: Emotional Acceptance**
 - **Goal: Being present with difficult feelings.** Acceptance is the antidote to **Experiential Avoidance (D.O.T.S.)**—strategies like Distraction, Opting Out, Thinking, or Self-Soothing used to push feelings away. Practicing acceptance keeps you within your WoT and available to your child.
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- **Session 5: Grounding Practices**
 - **Goal:** Returning to the present moment and the WoT more readily. Techniques like **Dropping Anchor** and **Five Senses Grounding (5-4-3-2-1)** help you shift attention and reduce fusion, enabling you to choose a values-aligned response instead of reacting.

Part III: Connection Skills (Sessions 6-9)

These sessions focus on co-regulation, attachment, and repairing relationships.

- **Session 6: Emotional Validation**
 - **Goal:** Help kids learn their feelings are **normal and manageable**. Validation builds emotional safety and is achieved through a simple 4-step framework: **Notice, Attune & Name, Normalize, and Stay Present**. Being warm and responsive 30-50% of the time is sufficient to foster secure attachment.
- **Session 7: Co-regulation & Attachment**
 - **Goal:** Co-regulate to help your child form secure attachment, no matter your style. We explore the four main attachment styles (Secure, Anxious, Avoidant, Disorganized) and how they impact TCK parenting, working toward "earned security".
- **Session 8: Relationship Repair**
 - **Goal:** Rebuild trust, connection, and emotional safety after conflict or disconnection. Ruptures are inevitable, but repair strengthens relationships. We practice the **4-Step Repair Process:** Reflect and Return (getting regulated first), Acknowledge Their Experience (using validation), Take Ownership (owning your part), and Reconnect with Curiosity.
- **Session 9: Collaborative Problem-Solving (CPS)**
 - **Goal:** Teach kids to manage emotions and solve problems in a connected relationship. This approach focuses on **Plan B (working together)** rather than Plan A (imposing solutions). CPS involves three steps: **Empathy** (using curious questioning to understand the child's perspective), **Define Adult Concerns**, and **Invitation** (brainstorming mutually satisfactory solutions).

Part IV: Integration (Session 10)

- **Session 10: Reflection, Integration, and Celebration**
 - A wrap-up session to celebrate growth, integrate learning, and plan for continued practice within the FIGT parenting community.

Ready to Launch a Moai in Your Community?

The Global Family Hub is committed to connecting families navigating life across cultures. If you are part of an international school or community that wants to implement this life-changing 10-session program for its caregivers, reach out to learn how to host your own **free** Safe Home Base Moai.

Click [here](#) or visit <https://www.globalfamilyhub.com/for-other-organizations> to get started now.