

# EICS CONNECTIONS PROJECT



## Jody Carrington on 'Disconnect'

[Video](#)

*In every community,  
there is work to be done.  
In every nation, there are  
wounds to heal.  
In every heart, there is  
the power to do it.*

*-Marianne Williamson*

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

### Key Understandings:

- Past generations were more connected than they are now due to a variety of factors; house size, technology, etc.
- Families were forced into connection in a way that we aren't today. We are more disconnected from the people we love today than we have ever been before.
- Disconnect leads to many adverse effects throughout communities - higher rates of risk behavior seen throughout children, adolescents, and families
- The only way you learn that you matter is through relationship. The only way we learn to regulate our emotions is through connection.
- Transforming the way we operate in families and schools relies on re-establishing connection and building relationships

### Questions for Discussion:

1. Dr. Carrington talks about the pervasiveness of disconnect in our current generation. What resonated with you?
2. Reflect on relationships within your personal life. How do you maintain connection with your loved ones?
3. What is something you can change or alter in your own practice to increase connection with your students?
4. Think of a time you felt disconnected from someone else. How did that affect your feelings of worth and ability to regulate your emotions?

### Additional Resources:

Dr. Jody Carrington <http://www.drjodycarrington.com/>

Raising an Emotionally Intelligent Child - John Gottman, Ph.D.

Hold On to Your Kids: Why Parents Need to Matter More Than Peers - Gordon Neufeld Ph.D and Gabor Mate Ph.D.

Connect Parenting Groups: <http://connectparentgroup.org/>

Securely Attached Families Video: <https://youtu.be/iPXUB4Tz7rQ>