

Causes of Disconnection

A child feels disconnected because she or he:

- *Does not feel well* or is hungry, sick, or tired.
- *Lacks knowledge or experience* (the social situation is culturally different from their own; the non-verbal or verbal cues are unfamiliar to them).
- *Is feeling left out or rejected* (there is a new baby in the house; mom has a new boyfriend; cell phone/Facebook/paperwork is occupying adult's attention; the child's mom is also her caregiver at school, and feels like "Mommy is with the other kids more than me").
- *Is feeling scared* (parents are fighting; the child saw a scary movie or watched TV news; someone threatened them, yelled at, or hit them; a parent is intoxicated).
- *Is sad or bereaved* (there was a death in the family; a parent was incarcerated or deployed; a favorite pet died; their parent dropped them off at day care; they were moved to a new room or school).
- *Feels discouraged* (no one came to meet their needs when they called out or cried; financial worries plague the family; parents have separated or divorced).
- *Feels humiliated* (someone made fun of them; put them in a playpen or high chair when they are too old for it; acted dismissive or said derogatory things about their family, racial group, family structure, gender, abilities/disabilities, etc.).
- *Feels physically hurt* (someone hit them, slapped their hand, spanked them; they fell and got hurt; they got a shot).

Disconnection makes children feel alone and hurt. Behavior goes off track. Children need us to re-connect.