

The Original Fortnite: Suzanne Gaffney and Kelly Figueroa unplug electronics in order to plug in and enjoy time with their kids.



**disconnect** to reconnect

# *It Takes a* **Chadds Ford VILLAGE**

By Perk Musacchio

"I don't need help raising my child," said no parent ever!

Parenting is a hard job with no formal training. Have you heard, "It takes a village to raise a child?" It doesn't mean that other people are going to raise your child; it does mean that raising children is not an easy task.

Did you have friends, a favorite neighbor, beloved teacher, great coach, or maybe someone from your church or Scout troop you knew you could count on? Hopefully, your childhood had strong connections with people who truly cared about you—your village.

Over the past 30 years, considerable changes, including many technological advances, have been introduced to connect us. So, it should be even easier to connect, right? Unfortunately, that's not always the case. There has been a steady decline in social connectedness. Loneliness is a primary reason people seek counseling. Those who do not feel socially connected are more vulnerable to anxiety, depression, and suicidal behavior, which further isolate. Alarming, suicide rates, even among children and teenagers, are on the rise.

Simply put, we need each other because we are social creatures. When the basic need of connection is not met, we don't function

the way we were meant to. Often, without social connectedness we are just surviving rather than thriving; and this is not a healthy way to live.

On a positive note, feeling connected can actually boost your immune system and help you to live longer! Making connections is good for the body and soul.

The challenge for all of us is to build new connections using proven and straightforward approaches that we'll share in this column. We will explore ways to disconnect from our busy lives and strengthen relationships within our Chadds Ford community.

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Send us a photos of a forts you built, and we'll publish it! Just email Perk at: [skills2soarllc@gmail.com](mailto:skills2soarllc@gmail.com)



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