

# Reader's Guide: *Reclaim Connection*

by Amber Chandler



ROUTLEDGE

## RECLAIMING CONNECTION

How Schools and Families Can  
Nurture Belonging in a Scared New World

AMBER CHANDLER



An Eye On Education Book

# About the Author & Overview

- Amber Chandler: educator focused on relationships
- Explores rebuilding human connection
- Focus on learning environments and engagement



# Core Theme: Why Connection Matters

- Connection drives engagement and growth
- Disconnection impacts mental health
- Relationships are foundational to success



# Chapter 1: Understanding Disconnection

- Defines modern disconnection
- Explores emotional and social gaps
- Highlights real-world examples

Q: Do you feel that being constantly connected is actually a barrier to true connection?



# Chapter 2: Barriers to Connection

- Time, stress, societal pressures
- Miscommunication and assumptions
- Cultural and institutional barriers

Q: How does Covid, the political climate, and mental health impact your community?

 **Amber Chandler**  
May 18 at 8:41 AM · Shared via AddThis · 

Super proud of FCTA and our admin for working together on this! [#FCTAproud](#)



 WIVB.COM  
**Teachers at Frontier Central School District elementary school hold "reverse parade"**

# Chapter 3: The Role of Technology

- Technology connects and divides
- Social media has mixed effects
- Intentional use is key

Q: Do you and/or your family/class use technology thoughtfully or habitually?



# Chapter 4: Building Authentic Relationships

- Trust and empathy are essential
- Active listening matters
- Vulnerability builds strength

Q: How do you seek to build trust with people? What makes you trust others?



# Chapter 5: Connection in Education

- Teacher-student relationships matter
- Environment influences connection
- Equity and inclusion are key

Q: What challenges do you face connecting with students and families?



# Chapter 6: Practical Strategies

- Daily connection habits
- Intentional communication
- Supportive environments

Q: What routines have you created that make relationship building intentional?



# Chapter 7: Sustaining Connection

- Consistency builds trust
- Adapt to change
- Long-term relationship focus

Q: What can we do as communities to build relationships that last?

look forward to your class every. single. day. I don't think I will ever have a teacher as kind and intellegent as you. I look up to you in so many ways. You and your classroom make me feel so safe and I can be myself. Your class is really the only thing that gets me through the day. I have learned so much with you, I really think you should come to the high school with me. I will always keep in touch if

# Key Takeaways

- Connection requires intention
- Relationships drive success
- Small actions create impact

Q: What stands out to you? What might you try to achieve?



# Discussion & Reflection

- What causes disconnection in your life?
- How can you build stronger relationships?
- Which strategy will you apply?



# Resources

Amber's Website: [Reclaimconnection.com](http://Reclaimconnection.com)

Amber's Books: [Amazon](https://www.amazon.com)

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