

# RESILIENT CHILDREN

## Helping Children who have Survived Challenging Parental, Adoptive or Foster care



Nancy and her adoptive daughter, Meg.

**Nancy Gretzinger** is as an adoptive mother, a retired educator and CASA volunteer who has worked with many resilient children. Her adoptive daughter suffered neglect and trauma, as have many of the children she has worked with.

**November is National Adoption month.** Nancy can provide tips on resiliency and effective strategies to help adoptive children overcome their own adversity, as well as advice for adoptive parents and parents considering adoption.



Featured on ABC 15 News in  
AZ on 9-12-17

### STORY IDEAS

- ◆ What are the 10 most common childhood traumas?
- ◆ How to help an adoptive child become more resilient
- ◆ What issues can you expect when adopting a child from another country?
- ◆ How toxic stress affects future health
- ◆ Family Learnings Stick and other helpful activities to overcome trauma
- ◆ What is the impact of childhood abuse on the brain?
- ◆ What adoptive parents need to know about the federal adoption tax credit and employer reimbursements

### CONTACT

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