



## What do you say to yourself?

Your parents probably taught you that it's not nice to say mean things to other people. Did you know that you shouldn't say mean things to yourself either? Do you ever call yourself bad names in your head or tell yourself that you can't do anything right?

What you say to yourself does matter! If you say mean things to yourself, it can be hard to stop. Check out this worksheet to help you talk nicely to yourself!

[How to Talk Nicely to Yourself](#)



BPChildren Presents:

*Parents for Positive Media*

### Why Create Parents for Positive Media?

BPChildren has been dismayed by the amount of negative press surrounding childhood bipolar disorder. As the president of BPChildren and as a mother, I have written numerous letters to editors in response to the recent surge of negative press. These generated little attention or response and proved to be largely a waste of good virtual paper. This frustration has led to the creation of Parents for Positive Media.

### Our Goals:

- Recognize those media outlets that are running positive stories and express our appreciation directly to them in writing. Give no credit or validation to those outlets that choose to run sensationalized or negative pieces.
- Maintain a list of links to positive articles on childhood bipolar disorder. By positive we mean articles that recognize the validity of the diagnosis and our difficult journey

### In This Issue

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### Featured Tip



"If I get mad, I like to hug my cat and pet him and know that he always loves me."  
Sarah age 8

Does your pet help you feel better? Tell us about it.

[Email your comments to BPChildren](#)

### Register Today!!



without over sensationalism and without parent bashing.

- Create our own positive media outlet on childhood bipolar disorder.



### Conference Reminder Notice!

I hope those readers who live in southern Illinois or the Greater St. Louis Area can join me on March 7th and 8th at the Southern Illinois University in Edwardsville. The conference, "Piecing "Piecing it all Together", is a great opportunity to network with other families and learn more about helping your child or student find success. I will be giving a presentation on the 8th from 1:00-2:30. The topic, "Helping Children

with Bipolar Disorder Succeed: At Home, In School and Beyond," will give an intimate look at how the disorder affects children and how the adults in their life can help them be successful.

I look forward to seeing you there!

The conference is only two weeks away! Don't miss my presentation, "Helping Children with Bipolar Disorder Succeed: At Home, In School and Beyond"

### Links to Positive Media

- [What's Happening to My Son](#)
- [Early Diagnosis a Key for Kids](#)
- [Girl writes of her struggles of living with her bipolar brother](#)
- [Lorenzo's Story](#)

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