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Spotlight on Success



Congratulations to Spencer!! Spencer is a 12 year old boy who loves country music, skateboarding and playing the piano. His favorite part of school is P.E. Spencer began treatment for bipolar disorder when he was 7 years old. Spencer is working hard in school. This month he gave a speech in front of school officials and guests about how some accommodations in the classroom help him. He also demonstrated the use of his Victor Reader provided through Recordings for the Blind and Dyslexic. Spencer even got his picture in the paper. We're proud of you Spencer! Keep up the good work. If you know of a child with bipolar disorder that should be recognized for something special they did please write to us!

[Read A Story Written By Spencer](#)

(scroll to bottom of page in the above link)

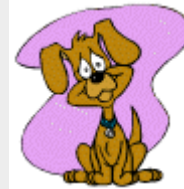
Sibling Corner



We would like to introduce you to Chloe. Chloe is almost ten years old. She likes to play on the computer and swim in her pool. Chloe loves cats...especially "Pearl"! Chloe's brother has bipolar disorder. They play video games together and he tells her all the cheat codes. Her brother is very good at video games. Chloe says it's not always easy to be with her brother. The mornings are hard because he doesn't like to be around loud noises. Chloe doesn't like it when her brother turns off all the lights in the house. He likes it very dark but she doesn't! When Chloe sees that her brother is getting frustrated or irritable she asks him to draw a picture for her. Her brother is very talented with drawing. She says this distracts him and makes him less irritable. Chloe, we think this is a great idea! If you know of a special sibling who should be recognized please let us know about him or her!

[Turbo Max A Story for Siblings of Children With BP](#)

Featured Tip

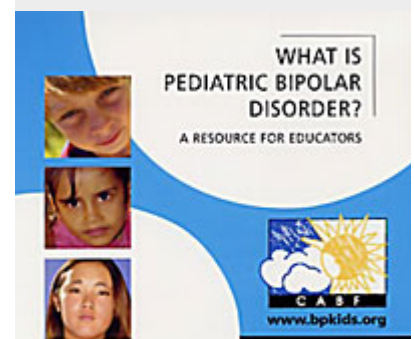


Roy was 9 years old when he submitted this tip to our website: "When I get angry or too upset I go under my bed. It is dark and quiet. I take my blanket and pillow and a hot water bottle. It calms me down and makes me feel safe. I like it when my dog crawls under there with me too."

Do you have a tip to share? Please write and tell us. You could be featured in our next newsletter!

[Read more tips...](#)

New Resources



CHILD & ADOLESCENT BIPOLAR FOUNDATION

NEW Interactive CD Rom!!
What Is Pediatric Bipolar Disorder? A Resource For Educators

(update 2010: This cd is no longer available.)

Take Good Care of Yourself!



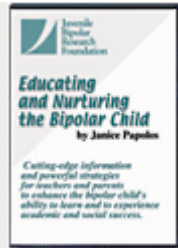
Did you know that people with healthy lifestyles handle stress better? How can you take good care of yourself? Here are some ideas: Eat three nutritious meals a day, take your medicine regularly, go to bed on time and wake up on time, get daily exercise, get outside for fresh air and sunshine, and drink plenty of water. Wow! That's a lot to do. Let's get started today on a healthier lifestyle by choosing one thing to improve on. Then email me and let me know how you are doing. For more suggestions on feeling better check out [My Bipolar Roller Coaster Feelings Workbook](#).

[Feelings Workbook](#)

Starfish Advocacy Items

We are pleased to announce the arrival of two new items. The Starfish Advocacy drop earrings and necklace are the perfect statement for those who practice "Starfish Advocacy". For each purchase of a necklace or earrings BPChildren will donate \$3.00 to The Child & Adolescent Bipolar Foundation's J.D. Worsley Memorial Education Fund.

The Starfish Analogy *written by William Purkey modified by Donna Gilcher* The starfish lives to eat oysters. To defend itself, the oyster has two stout shells that fasten tightly together and are held in place by a powerful muscle. The starfish finds the oyster and places itself on top of its intended victim. Gradually, gently, and firmly the starfish uses each of its five points in turn to keep pressure on the one oyster muscle. While one point works, the other four rest. The single oyster muscle, while incredibly powerful, gets no rest. Inevitably and irresistibly, the oyster is opened and the starfish has its meal. By constant, steady pressure from a number of points, even the strongest muscle (and the biggest challenge) can be overcome.



[Educating and Nurturing the Bipolar Child on DVD](#)

New Items On Our Website!



Starfish Advocacy Drop Earrings



Starfish Advocacy Necklace

(update 2010: these items are no longer carried on our website.)

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