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### A Great Kid



Nicholas is a great kid who tries hard at school. He doesn't let anything stop him, not even bipolar disorder. Nicholas is 11 years old and doing well on his medication. He loves playing with remote control cars. He leads a very active life which includes roller hockey, basketball and playing the trumpet in the school band. Does that mean everything is easy for him? Not at all. Nicholas has his challenges like all kids with bipolar disorder. He knows the importance of taking care of himself so he can meet those challenges. How does his family feel about that? Proud and blessed to have him as a son!! Way to go Nicholas. Keep taking good care of yourself and playing that trumpet!!

[Tell us about a special child with bp!!](#)

### Need Your Advice!!



We have one young lady who would like the help of our readers. Like many kids with bipolar disorder she experiences times where she is very fearful. When this happens she circles her arms in front of her and says quietly to herself "This is my space and nothing can hurt me in it." The problem is that it doesn't always help. She would love to hear what other kids are doing to calm themselves when they are fearful. Our readers have always given us wonderful tips and advice. We hope that some of our readers (kids or moms) will take a minute to help this

## Featured Tip!



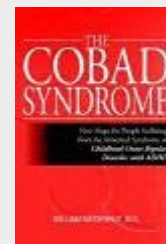
"When it looks like you're about to get in big time trouble, drop the subject. Don't say anything about it, whine, or bawl. This will only get you in more trouble.

Also try playing a favorite video game or something else you love to do." Tanae age 11

To submit your tip for inclusion in our newsletter please contact us!

[Send us your tips!](#)

Check Out Our  
Review of Dr.  
Niederhut's New  
Book



[The COBAD Syndrome by Dr Niederhut](#)

Help Your Kids  
Explore Music

young lady with some tips or experiences on dealing with fear. We will post them on our site to help this young lady and many others who would like to have more tactics to deal with fear.

### [Tell us how you deal with your fears!](#)

#### [Play Music](#)

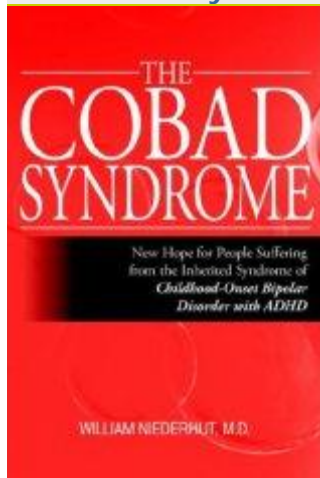


Do you play a musical instrument? Researchers are learning that music helps people learn and remember things better. It can help you in math and to get better grades in school! Music can also influence your moods. So, if you don't play music yet, why not start? I have included tons of fun kid music links on the side bar for you to check out. If reading the notes is a problem, you may want to check out Rainbow Music. This program helps you learn to play the piano with color coding. They even offer a free beta program to try if you are willing to pay shipping fees and give them feedback!! So start playing music today and most of all HAVE FUN!

(Editor's note: The link to Rainbow Music is no longer active but we found an alternative program which uses the same idea.)

### [Instant Piano Fun](#)

#### [The COBAD Syndrome](#)



As a parent of two children diagnosed with bipolar disorder, I have always been interested in adults diagnosed with the childhood onset form and their treatment outcomes. In his book, The Cobad Syndrome, Dr Niederhut tells about his experiences treating adults with the childhood onset form of this illness. He saw a strong



[Music Stage by playmusic.org](#)

[San Francisco Symphony](#)

[Kids Fun with Music](#)

[PBS Kids Jazz Page](#)

[Children's Music Links](#)

[Dallas Symphony Orchestra for Kids](#)

[Creating Music](#)

[New York Philharmonic KidZone](#)



[Instant Piano Fun](#)

pattern of attentional difficulties in these patients which he discusses in the book. So strong was this pattern that he coins a new name to describe it, Childhood-Onset Bipolar Attention Deficit. He talks about his treatment approaches and how they helped his patients function better in day to day life.

Another aspect of the book that intertwines with Dr. Niederhut's clinical experience is his personal family experience with bipolar disorder and attentional difficulties. I am very pleased that these experiences have been documented for our benefit. This book drew me in and was a joy to read!

[To learn more about the COBAD book click here!](#)

## For Those Effected by Hurricane Katrina

In the midst of this unspeakable natural disaster we would like those affected by hurricane Katrina to know that our hearts and prayers are with you during this difficult time. We know that many of you won't have access to this newsletter for some time but your families and friends may be able to convey our thoughts and well wishes. As I write this note, many from our state are headed your way with supplies and medical assistance.

Obviously those children directly affected by the storm will have much to deal with. It is also important to realize how the occurrence and reporting of such a stressful event may effect children with bipolar disorder all across the country. Help your children process what they are seeing and hearing about this disaster. It may spark fears, anxieties or emotional upset. We hope the following article and the excellent links it contains will give you some ideas on helping your child cope.

[Talking to Children with Special Needs about Tragedy](#)

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