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**A Big Heart**



Have you ever known someone who really likes to help other people? Kristen is just that kind of person! She wants to help other people even though things are hard for her. Kristen has bipolar disorder and tourettes. She has to deal with a lot of changing emotions which makes having friends and going to school a real challenge! Kristen heard about children in Kenya, Africa who don't have school supplies, electricity, or any of the comforts we take for granted. She decided to do something to make a difference! Kristen started putting together pencil boxes with school supplies to send to Africa. She is proud of how she is helping out. Kristen, we are proud too and think that your heart is very big!!

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

**Dealing With Fear**



In our last newsletter we told you about a young lady who needed help dealing with fear. Thanks to all those who responded with tips. Here is what one mom shared with us:

"We use a method with my 8 year old. He pretends that his whole brain is a canvas. He uses a big wide imaginary paintbrush to paint the whole inside of his head with soft soothing colors. We start with yellow, pink, orange, green, sky blue, purple, etc. until he feels calm again. This was especially helpful after night terrors when he could still remember frightening images. It works marvelously for him."

Here's another tip sent to us by a reader: "Sometimes the thoughts about our fears are actually worse than the fears themselves. When you first start feeling afraid, notice what your body is doing and how it is feeling and try not to think. If you need to focus your brain, focus on slow, deep breathing and think about your body and

**Featured Tip!**



When "Melissa" gets scared or upset she stops what she is doing. Then she focuses on a magnolia blossom. This is a huge flowering tree blossom. If that doesn't work she slowly starts to count. - Age 11, anonymous

Can you help someone else by sharing a tip?

[Write to us!](#)

**Special Price on Book and DVD**



(Editor's Note: These items are no longer sold as a set.)

how the air feels as it moves in and out of your body. As you stop thinking about your fears, you will probably feel your body relax a little and your breathing slow down a little, and you should feel better."

[Learn about anxiety and children with bp in The Bipolar Child Newsletter of July 2003](#)

### **For the Girls!!**



The girls have spoken and made it clear that they need their own mood chart. So move over Brandon, here comes Brandy! You will see that girls can do everything boys can do, including sharing moods. This one's for you girls...enjoy!

Stay tuned for more charting tools. In a few weeks we will be offering a child's month long charting book with either boy or girl mood stickers! We will, of course continue to make our one page mood charts available at no charge in the "Fun Pages" section of our website.

[Brandy Mood Chart](#)

## Explaining Anxiety, Phobias and Fears to Children

[Phobias](#)

[Being Afraid](#)

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