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A Loveable Guy



Walter will be 7 years old this month. He loves dinosaurs and soccer. He is very smart and likes to share hugs. Walter has bipolar disorder and has spent time away from home in a special place to receive treatment. Sometimes this is hard for him and his family because they miss each other. But they also know that Walter is getting good care and treatment for his bipolar disorder. Walter, we hope you know how special you are!

[How to Know when Your Child Needs Residential Treatment](#)

Reduce Stress



What is stress? Stress is when you are worried or uncomfortable about something. This worry can make your body feel bad. Has your stomach ever felt sick right before a big test? Do worries give you a headache? These are signs of STRESS. Sometimes stress can happen when you are overloaded. Maybe you have more homework than you can get done in the night. Even good things can cause stress! You could be very busy with things you like to do. Kids with bipolar disorder have to be especially careful not to get too overloaded with stress because it can cause you to cycle more into depression or mania. So what can you do to reduce stress?

- Get plenty of sleep, exercise and fun.
- Talk to an adult about what is worrying you.
- Use your accommodations in school if the work is overloading you.
- Practice deep breathing exercises.
- Look at your schedule and make sure you aren't putting too many things in the day.

Featured Tip!



"Advice I might give about staying in the hospital would be: It helped me to get away from things, my family too, so I did not do something I would later regret...I brought pictures from home, of my dog, my mom and brother. That seemed to help."
Samantha, age 13

Do you have a tip to share?

[Write to us!](#)

Dinosaur Fun For Walter and His Friends

[Download a Dinosaur!](#)

[Dinosaur Jokes](#)

[Dinosaur Online Coloring](#)

[Write Your Own Dinosaur Story](#)

Laugh!! Jokes for Kids

- Laugh! Laugh! Laugh!

Lets talk about one of these...Laughing. Have you heard a good joke lately? Did you laugh out loud? If you did then you helped your body feel better and reduce stress! Really! Laughing is healthy for you and actually reduces the stress hormones in your body. So check out the jokes on the side bar and start laughing today. Best of all you can tell your parents that your joke book is good for you!

[Check your stress level with the Stress-O-Meter](#)

Mania Masquerade



The old saying goes, "When momma ain't happy, ain't nobody happy." But the truth for families with any chronically ill child is more like, "When your child suffers, you suffer!" For some people, waiting on the medical profession to give their child an appropriate diagnosis and treatment took years of untold suffering and grief and a trail of misdiagnoses. Others were accurately diagnosed much sooner and spared that grief. Diagnosis is so important because it leads the treatment. A wrong diagnosis either way can lead treatment in the wrong direction and wreak havoc on lives. Guidelines for assessing, diagnosing and treating children and adolescents with bipolar disorder have been published in the Journal of the American Child & Adolescent Psychiatry. The journal outlines some conditions that can mimic bipolar disorder. These include:

- Temporal Lobe Epilepsy
- Hyperthyroidism
- Closed or Open Head Injury
- Multiple Sclerosis
- Systemic Lupus Erythematosus
- Alcohol-Related Neurodevelopmental Disorder
- Wilson's Disease

Bipolar disorder must also be distinguished from other conditions such as aspergers, adhd, and anxiety disorders but can also co-occur with these illnesses complicating the matter further. So what can parents do? It's important to educate yourself and vital to make sure your child has a very good team of physicians who work cooperatively to discover what is causing your child to experience difficulties. Accurate diagnosis and treatment can truly ease much suffering.

[Read the JAACAP guidelines](#)



[Animal Jokes](#)

[Animal Jokes 2](#)

[Kid's Riddles](#)

[Kids Corner Jokes](#)

[Ranger Rick Riddles](#)

**Free
Resources
From SAMHSA**



[How Do You Feel
Coloring & Activity
Book](#)

[How Do You Feel
Screen Saver](#)

**Ruling Out
Other
Conditions**

[Diagnosing Bipolar
Disorder: Ruling Out
Other Physical
Conditions](#)

[Diagnosing Bipolar
Disorder: Ruling Out
Other Psychiatric
Conditions](#)