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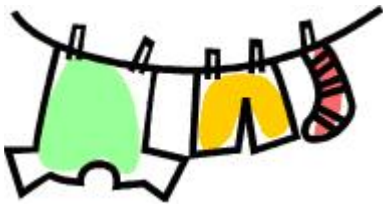
She Likes to Help!



My name is Claire. I am 8 yrs old and I have bipolar disorder. I am always proud of myself for the things I accomplish. I won an award last month at school for doing my personal best. If I get my homework done and am on time every day, I get to go help out with the special class for students with physical disabilities. I really like spending time with that class. I almost always have fun with my friends and feel good about myself. I do well in school and take karate. I don't let my bipolar disorder hold me back. I take my medicine like the doctor says. Nothing can stop me from doing well in my life!

Are you proud of something you have done? Tell Us!

When Everything Feels Wrong



Do the tags in shirts bother you? Do your socks always feel wrong? Are you sensitive to smells? Many children with bipolar disorder also have these issues. When these things are bothering you it's easy to get frustrated and irritated! What can help?

Telling your parents about what bothers you can help! They may be able to change some things around to be less bothersome for you. Some kids need to wear socks without seams or shirts without tags. Other kids see an occupational therapist. You can find out more about this in the link below. Occupational therapists can help you figure out what bothers you and help you handle sensory input better.

[Going to An Occupational Therapist](#)

Featured Tip!



"When my good energy turns bad and I have too much energy...I try to force myself to go outside alone and kick a ball, play on a tire swing, make an obstacle course or just run around. That's what helps me!" Sarah 11 yrs old

Do you have a tip to share?

[Write to us!](#)

Socks Without Seams!!!

[Tootsie's Seamless Socks and Tights](#)

[Sensory Comfort Seamless Socks](#)

[The Natural Baby Seamless Socks](#)

Sensory Integration Issues

[Non-Talk Therapies for Kids with BP](#)

Jeannie and Jeffrey Interview for Children

Sometimes kids have difficulty verbalizing how they feel inside. They may not even be aware that a particular feeling is not normal. As parents we do our best to observe our children's mood swings and report these to their doctors. But we aren't inside their heads. We don't know what they are thinking and sometimes they don't want to communicate that to us.

The Juvenile Bipolar Research Foundation has developed a tool to help. It is a web based interview for your child. Here is an example of one of the questions:

- Jeannie has many thoughts that come into her head all at once, and sometimes they come so fast it feels like a bunch of bees buzzing in her mind. How often do you feel like this?

The child is then given the opportunity to rate the frequency with which they experience what "Jeannie" or "Jeffrey" experiences. This is a great way to approach the question because right away they see that there are other kids who feel the same way. We found the 40 interview questions well thought out and worded in a manner that children will easily understand. The attractive illustrations were done by Karl Gude, director of graphic design at Newsweek magazine. Your child will easily be able to relate to these drawings. At the end of the interview you can print off the results with or without the pictures. You can use it for yourself or give a copy to your doctor. It has also been reported that the interview is helping some siblings come to a better understanding of their brother or sister.

Thank You to The Juvenile Bipolar Research Foundation for making this resource available for the kids!!

[Start the Interview!](#)

[Sensory Info](#)

[Touch Sensitivity](#)

[The Out of Sync Child](#)

[More Online Resources](#)

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