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Kids Can Have Extra Challenges!



Antoon is a 15 yr old gifted inventor and problem solver. He likes reading, writing, building with Legos, and contemplating philosophical ideas! Antoon is helping his mother, who helps kids with brain disorders. We think this is an excellent use of his talent! Antoon has been treated for bipolar disorder for 4 years but couldn't get more than a few weeks of stability at a time. Finally, last summer, a doctor recommended that Antoon be tested for Celiac Disease. The test was positive! So Antoon has **both** bipolar disorder and Celiac Disease. There are many kids who have more than one condition to deal with and it can be a real challenge! So how did Antoon handle this? I'm going to let him tell you.

[Click here to read what Antoon says!](#)

Help Me, I'm BORED!



Winter break is here for most kids. You are probably excited to be out of school and have more free time! But with free time can come a real danger for kids with bipolar

Featured Tip!



"We all have what some call shortcomings. But sometimes the shortcomings are what will make us stronger." Susan (a young adult with BP)

Do you have a tip to share?

[Write to us!](#)

Resources for Celiac Disease and Food Allergies

[Cel-Kids Network](#)

[Celiac Disease for Kids](#)

[Food Allergy Website for Kids](#)

[Kids With Food Allergies](#)

disorder...BOREDOM!! Boredom can be a real enemy. It can make what should be a fun vacation drag on and on! So let's take a look at boredom and some boredom busters.

First, what causes boredom? You might think that it is caused by having nothing to do. This is not true! You could be doing something and still be bored. Is there ever *really* NOTHING to do? How many times have your parents tried to give you something to do when you are bored, like clean the car or your room! So boredom is not about having nothing to do. It's about not *liking* any of your choices of things to do! So one day you might be excited to play your video game but after you play it for 5 days in a row you might be bored with it. Why? Because you don't like the choice anymore. It's not exciting. The problem is that when kids with bipolar disorder don't have anything exciting to do, they sometimes create the wrong kind of excitement, like fighting with your sister! Oops, not a good choice. So what can you do?

If you don't like the choices you have then it's time to make more choices. It is not up to your mom or dad to entertain you. So, make a list now of things to do. When you get bored and can't think of anything to do, you can check your list. By being creative you can keep yourself busy all vacation. I'm going to give you some winter project links on the side plus a list of ideas to get you started!

- Start a scrap booking project
- Dust off the games in your game cabinet
- Learn a new skill (how about sign language)
- Write your own play, then dress up for the performance
- Find a pen pal and write letters
- Read a good book
- Draw pictures, color them and send them to me!
- Write your own song
- Do imitations of famous people
- Make new decorations for your room

Most of all, remember that it's not somebody else's responsibility to fix your boredom. You know yourself best and what you like to do. So add to the list above and make this vacation a fun one!

[More Boredom Buster Ideas](#)

[New Addition to Teen Section](#)



We are currently expanding our teen section to welcome the thoughts of young adults. We realize that young adults have much to share with

[Food, Behavior and Learning: How are they related?](#)

[When Food Becomes the Enemy](#)

Let's Play!



[Time to Play \(Ideas\)](#)

[Make Your Own Snow Globe](#)

[Try Snow Painting!](#)

[Make a Silly Snowman](#)

More Winter Break FUN!



[Winter Activities for Kids](#)

[Winter Puzzles](#)

the teen population and the advice of teens is still applicable to many young adults.

A special thank you to Susan for being our first "young adult" contributor and for suggesting this addition. If you are a young adult up to age 25, please consider sharing your knowledge and insight with teens. We would also like to feature a few young adults in our newsletter so that children and teens can learn from your example and continue to be hopeful about their future.

[Make Your Own Mittens](#)

[Winter Crafts for Kids](#)

[Write to us!](#)

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