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A Look Back at Some Terrific Kids

Can you believe it's already 2006? Most of you are halfway through the school year by now. Take a minute to pat yourselves on the back! That's a big accomplishment. It's always good to recognize the positive things that are happening in your life. BPChildren has seen a lot of kids accomplishing positive things this past year! We want to remind you of the special kids we featured in our newsletter during the 2005 year. Do you remember them?

- Spencer gave a speech to his school about how accommodations help him in the classroom.
- Taylor worked very hard at school to make Honor roll.
- Zach took initiative to help his mornings run smoothly.
- Matthew is brave during his blood draws.
- Lisa made a plan to get organized!
- Savannah found a way to avoid panic attacks at school.
- Chris started role playing to help him learn to get along with other kids.
- Billie mentors younger kids who have special challenges.
- Ocean found that cooking helps her calm down.
- Mia loves her creative side.
- Isaac gave a speech in class and wants to be president.
- Nicholas knows its important to take care of his health.
- Kristen collected supplies to send to children in Kenya.
- Nate can now play with other children.
- Walter is a brave young man who lives away from home to get treatment.
- Claire does her best and helps out with a special class for students with physical disabilities.
- Imani helped a hurricane victim by sharing her own toys.
- Antoon discovered that other illnesses can have an impact on his bipolar disorder.

You are a wonderful group of kids!! All of us here at BPChildren give you a big round of applause. Keep learning about your illness and how you can be successful. We also thank each of you who wrote in with your tips. What a great way to help other kids who have bipolar disorder! Will you be one of our terrific kids for 2006? I hope so. For this next year, we will be giving a sticker mood charting book to our terrific kids with bipolar disorder who are featured in our newsletter. We want to know about your challenges, dreams and accomplishments. Parents can also write on behalf of their terrific kid!

[Tell us what makes you a Terrific Kid!](#)

Featured Tip



"What I do when somebody in my family, including me, sees that I am about to blow up, we say TTT. TTT stands for *Tony the Tiger*. I just grab my stuffed tiger and I have something to hold on to while we (my family and I) talk the issue out." Daisy, 11

Do you have a tip to share about dealing with bipolar disorder?

[Write to us!](#)

Introducing Free Printable Posters for Kids With BP!!

[Are You Taking Care of Your Health?](#)

[What is Your Mood?](#)

[What Amazing Thing Will You Do?](#)

Handling Money



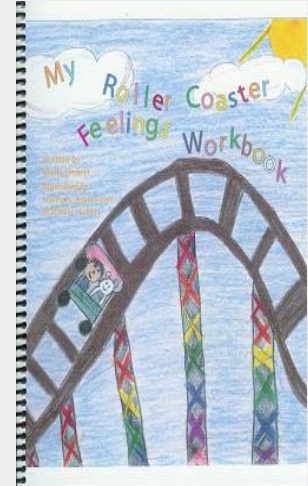
Do you like having money to spend? Silly question, I know. Most of us like spending money, but saving it isn't always as fun. Kids can get money in a lot of different ways. You might receive money as a gift. You may earn money by working or selling something. You may even have an allowance. So what do you do with the money you get? Do you blow it all as soon as it hits your pocket? That can happen, but let's take a look at three smart things to do with your money. Whenever you get money divide it into three sections. One for spending, one for saving, and one for giving. Keep your spending money where you can get to it, but make sure your other money is out of reach! You may want to put it in a savings account or a safe place with your parents. If you do that, your money habits will be balanced. You will have some for yourself now, some for a bigger purchase later and some for helping others. Paying attention to money habits is especially important for kids with bipolar disorder. Why?

Your mood state can affect your spending habits. Sometimes when a kid is depressed, they think that buying something new will make them feel better. When a kid is manic, it is hard for them to control their desire to spend. This desire can take over your whole brain!! So how does the method above help you? You won't be able to blow all your money if you don't have it. If you find that you are having strong desires to spend a lot of money or that you are constantly thinking about money, make sure you tell your parents and doctor about this. Many kids find that when their moods even out, these desires aren't as strong. I hope this gives you some good ideas. For more money lessons, check out the links on the side. Happy Savings!

[Birth of a Coin Story by U.S. Mint](#)

Expanded Roller Coaster Feelings Workbook

New Expanded Edition Workbook!



[My Roller Coaster Feelings Workbook is now expanded into a 96 page workbook!](#)

Links to Help Kids Manage Their Money Wisely

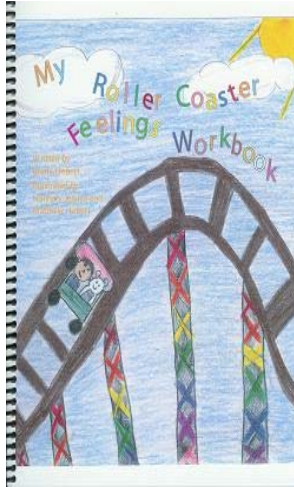


[Treasury's Page for Kids](#)

[H.I.P. Pocket Change](#)

[U.S. Mint Time Machine](#)

More Links on Money



We are pleased to introduce Bryna Hebert's expanded edition of My Roller Coaster Feelings Workbook! This workbook has three times the pages and three times the fun of the original. The 96 page book easily opens flat to any page. We are sure you will be delighted with the sturdier construction, color cover, and improved printing quality. The focus of the workbook continues to be helping children understand their feelings and practice strategies for dealing with those feelings in a socially appropriate manner. Expanded sections of the workbook include: Feelings and Dealing with Feelings. New sections include my favorite, Feelings Detective, and the author's favorite, Mad Libs® style social stories, plus charting and resources. Each section comes with it's own certificate of completion to encourage and reward the child every step of the way.

"Learning to recognize their different mood states and practicing ways to calm themselves is critical for successful self-management. Kudos to the authors for providing this practical workbook for kids with BPD!" Mary A. Fristad, PhD

[Order New Workbook Here](#)



[Hands On Banking](#)

[Sense and Dollars](#)

[Wise Pockets Clubhouse
for Kids](#)