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A Terrific Kindergartner



Ikey is a terrific kindergartner! He has made a friend at school and even though he gets frustrated, he knows hitting is not the answer. Ikey is working hard learning to read. He asks to go to the resource room when he needs to concentrate. Way to go Ikey!

Here are some of Ikey's secrets to staying healthy:

- Takes his medication.
- Gets plenty of sleep.
- Eats healthy foods.

Ikey is an expert at video games; he wants to design games like Zelda when he grows up. Ikey, we will be first in line to buy a copy of your game! We think you are one Terrific Kid!!

[Tell us about your terrific kid!](#)

Make Your Own Calm Corner Today!



Do you have a special place that makes you feel good? When I was young, I would walk down a wooded path to a small dock on the lake. It was a quiet, peaceful place. I would go there with my parents permission and look up at the sky or read a book. It made me feel peaceful. Everybody needs a place that makes them feel that way. You can create your own peaceful spot right in your house.

First, I want you to think about what makes you feel peaceful. Some

Featured Tip



"Here are things that I can use before a blow out because they calm me down. Coloring, playing, watch a movie. If I'm too angry I go to calm corner. Calm corner is a place where you do things to calm you down." Rick, age 8

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

[Write to us!](#)

Financial Help for Medication

[Needy Meds](#)

[Partnership for Prescription Assistance](#)

[Society of St Vincent DePaul \(offers free pharmacy services\)](#)

[Insure Kids Now \(Free or Low cost insurance for kids who qualify\)](#)

kids feel more peaceful when they are listening to music. Others like to watch a movie, read a book, or write in their journal. Some kids need to move around to feel better. They might like to jump up and down really hard on an exercise trampoline. Make a list of all the things that help you feel peaceful. You can print this to help you get started: ["Things That Help Me Feel Peaceful"](#)

Now choose a spot in your house. Maybe it's a corner of your room. Maybe it's the end of your bed or even under your bed (just don't try putting a trampoline here!). Maybe it's a walk in closet. Wherever it is, the spot should make you feel good and safe. After you pick your spot, decorate it to make it your own. Put pictures on the wall. You can draw and color them yourself or you can print some off the computer. Next, hang your list of "Things That Help Me Feel Peaceful." Now it's time to put some special things in your calm corner. Put your favorite pillow there, a stuffed animal, your favorite books, a radio or CD player with music and headphones. Put your journal there too and anything else that will make it your own peaceful place!

Visit this special spot anytime you feel like you need to. When you feel the frustration or stress building up, go to your Calm Corner, look at the list on the wall, and try some of your own suggestions. Your brothers and sisters may like your spot so much that they will want to make their own!

[Print this to get you started!! "Things That Help Me Feel Peaceful"](#)

[Paying for Treatment and Medication](#)

Are you finding it difficult to pay for your child's health care? You are not alone. Expensive meds, inadequate insurance coverage, and lost work time can add up quickly. Many families who were already struggling to deal with a difficult diagnosis now struggle financially to pay for the necessary treatment. It can become a mountain of stress. There are some options that may help. Consider the following avenues that may lighten your load.

1. Ask for samples from the doctor.
2. Check to see if the doctor has a sliding scale fee based on income.
3. Check your state's insurance programs.
4. Apply for SSI disability if your child qualifies.
5. Check your local Medicaid office to see if your child may qualify for coverage.
6. Look for local charities such as St Vincent DePaul Pharmacies.
7. Network with local NAMI and other support groups who are aware of local resources.

Don't let pride or stigma prevent you from taking advantage of the programs that might help your child! Check out the links below and in the sidebar to be connected with important resources.

[Article: "How to afford care for a psychiatric disorder"](#)

[Medicaid Information](#)

[Benefits for Children with Disabilities \(SSI\)](#)

Decorating Ideas for "Calm Corner"

[Brandon Coloring Pages](#)

[Coloring Pages "How Do You Feel?"](#)

[Disney Coloring Pages](#)

[Learn to Stay Healthy Poster](#)

[Do Amazing Things Poster](#)

[Identify Moods Poster](#)

[Anger Poster](#)

[Anxiety Poster](#)

[How Are You Feeling Today Poster](#)

