

In This Issue

- Spotlight on Success
- Sibling Corner
- Teen Talk
- My School Day

Spotlight on Success



I would like to introduce you to Taylor. He is 10 years old. He began treatment for Bipolar Disorder about 2 yrs. ago. Taylor is "The Lego Master". He loves Legos and can build anything out of them. He loves his music, soccer, basketball, video game systems, and also loves to draw. Taylor has been working really hard on his school work and this semester it has paid off. Taylor has made the "A-B" Honor Roll. He is so proud of himself and we are too. He says his next goal is to make "A" Honor Roll. Congratulations Taylor! We think you are a Shinning Star!! By the way, Taylor, did you know that there are professional Lego builders? So keep working on those Legos! To help out BPChildren is giving you a gift certificate to the world's biggest Lego shop at www.shop.lego.com. Enjoy!

[See a Picture of Taylor's Lego Creation](#)

Sibling Corner



Luis started Kindergarten this year. He is five years old and loves to play on his swing set and ride his bike. Luis has an older brother and an older sister who both have bipolar disorder. What does he think about that? Here is how Luis explained it to us: "Bipolar is when you are sad and angry then you become really really mad. It makes a lot of noise and gives you a headache. I go somewhere else or cover my ears. My brother is nice most of the time and my sissy doesn't cry much anymore. I love my sissy and brother. I want them to feel good. I draw them pictures." If you know of

Featured Tip

"My brother and I get into fights a lot. To calm myself down I just walk away and go to my room. Then I lie down and hold my special rock until it's hot. Once I feel it's hot then I know I am calmed down." ZOE 11 years old

Do you have a tip to share with other kids with bipolar disorder? Please let us know.

Email Your Tips to: tracy@bpchildren.org

Featured Items



[Brandon and the Bipolar Bear A Story For Children With Bipolar Disorder](#)

How Are You Feeling Today?



a special sibling who should be recognized please let us know about him or her!

[Turbo Max A Story for Siblings of Children With BP](#)

[Teen Talk](#)



Are you a teen with thoughts to share about bipolar disorder? We've created a section on our website just for you! Come check out our links and email your thoughts to us. Here is what one of our teens had to say: "When I'm angry or sad I tend to blame things on my parents and family. But I have learned that I can't blame my family for how I'm feeling because they are trying to help me. Even when we disagree, I still love them." Ciara age 13

[Come Share Your Thoughts at Teen Talk](#)

[My School Day](#)



I struggle to open my eyes. Leave me alone. I want to sleep. My body is heavy, my head is swirling. How long has my alarm been ringing? Okay, I'm awake. I sit up in bed dazed. "Hurry, Hurry or you'll be late! Why are you so sleepy?" My nightmare woke me up. I couldn't sleep, I needed to stay awake. I didn't want to dream again. I stumble to my dresser. Where are the socks I like? Not this pair, they never feel right. The top is crooked and they go up too high. I hate the way they feel. No choice. On to breakfast. Who ate my waffles? There is only one left. You know I need two. One is uneven. I NEED two. There aren't two. I won't eat. I'll just brush my teeth. I can't go in the bathroom. It was in my nightmare. The bathroom isn't safe. I can't brush my teeth. It's time to leave. I can't leave. What if my house catches on fire? What if my parents die? I need to stay home. My stomach is churning. I feel sick. Can't I stay home?

[Click Here to Read the Rest of "My School Day"](#)

[How Are You Feeling Today
Poster Kit](#)

Free Downloads

[Dealing With Cognitive
Dysfunction Associated
With Psychiatric Disabilities](#)

[Accommodating Students
With Mood Lability
Accommodating Medication
Side Effects](#)

[Educating The Child With
Bipolar Disorder](#)