

In This Issue

- My Special Brother Turtle
- When You See or Hear Things
- 24: A Day in the Life

My Special Brother Turtle



Do you ever fight with your brother or sister? Probably! Most brothers and sisters fight at least sometimes. When one or more of the kids in the family has bipolar disorder, it makes getting along harder.

We want to tell you about one brother and sister. You see, Matthew has bipolar disorder and Karina is his older sister. Karina knows that Matthew has a rough time. But things haven't been easy for Karina either. Karina is like many other kids in her fourth grade class. She likes to make friendship bracelets and she loves animals. But Karina knows something most other fourth graders don't know. She knows all about having a brother with bipolar disorder. Karina understands how hard it is for her brother and she wants other people to understand too.

Recently Karina was asked by her teacher to do a home challenge. Karina chose to write a special story about her brother, Matthew. Karina says that one of her favorite stories, Turbo Max, inspired her to write too. Karina wants everyone to know that when her brother is having a hard time that staring, laughing or pointing just makes things worse. Karina has a strong faith and a big heart!

Thank you Karina for allowing us to share "My Special Brother Turtle" with our readers by making it available on our website! You are a good example to all brothers and sisters. Click the link below to enjoy Karina's story.

[My Special Brother Turtle by Karina MacLean](#)

When You See or Hear Things

Your brain is an amazing place! It works hard to put all the right information in the right places. But sometimes your brain puts information in the wrong place. What happens then? Well, sometimes it can trick you. You may see or hear things that aren't there. This is called a hallucination. It can be scary and you may be afraid to tell others if this is happening. Remember that its okay to tell your parents or the doctor. If you see or hear things that aren't there, they need to know. Your doctor may make changes in your

Featured Poem

"I Am"

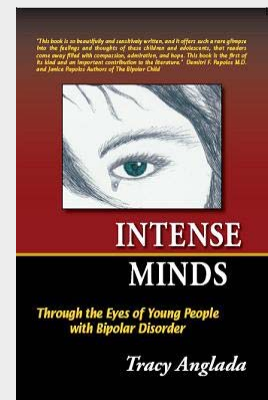
by Spencer

I am "odd and special."
I wonder when the paradise
will get here.
I hear confusion in my life.
I see my life being ruined
by others.
I want freedom.
I am "odd and special."

I pretend to be stable.
I feel the world's weight
on my shoulders.
I touch my heart and it burns
with red hot fire every day.
I worry that it won't go away.
I cry because I know it won't.
I am "odd and special."

[Write to Us](#)

New Formats Now Available



[Now Available in a Hardcover Edition](#)

[Also in E-book Format](#)

***Pediatric Bipolar
Disorder Presentation***

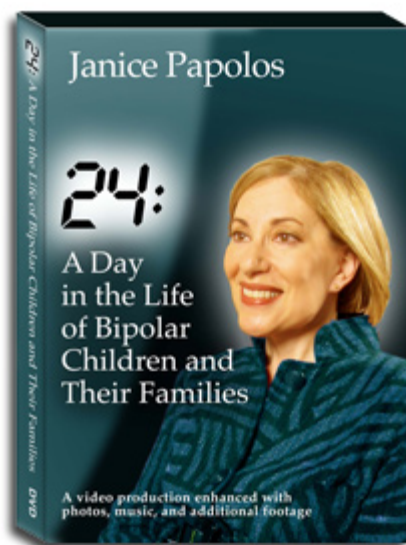
medicine to help this go away.

Parents, if you want to understand what it is like to experience an event like this, then check out this simulation hosted on National Public Radio. Be advised that this may not be appropriate for your child. While it is meant to simulate what is experienced by people with schizophrenia it will help you understand what it is like for those with bipolar disorder who have these symptoms also.

[Multimedia Simulation of Hearing Voices](#)

[NPR The Sights and Sounds of Schizophrenia](#)

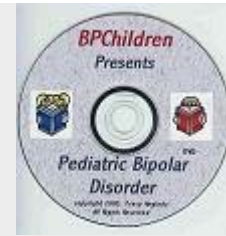
24: A Day in the Life



Last fall, I attended a conference about children with bipolar disorder. While there, I had the opportunity to hear a presentation by Janice Papolos, one of the most passionate advocates for our kids. Janice gave a presentation on what it is like for children and families with bipolar disorder to get through one day. Why did her presentation strike such a cord with parents?

First of all, the presentation validates the struggles of our children and families without talking down to us or belittling us. Janice recognizes the heroic effort it takes to parent in these intense circumstances. Many parents of children with bipolar disorder try to put on a happy face to the outside world while their household is full of turmoil. To hear such a realistic account of living through the experience presented in this fashion helps us hold our heads high realizing that we need not suffer in silence or shame.

Secondly, the presentation answers some of the WHY questions we continue to ask ourselves. Why is it the mom who gets the brunt of things? Why is it that our children suffer so much with the school experience? Why can't I wake my child in the morning? Why is my child so disorganized?



[Now Available to View at BPCChildren.com](#)



[Turbo Max A Story for Siblings of Children with Bipolar Disorder](#)

Interview with Tracy Anglada



[Read my recent interview with Trafford Publishing about my books and upcoming projects.](#)



So when I heard that this presentation would be made available without needing to travel to a conference, I was very excited. As I sat and watched the presentation on DVD, I discovered just what a great tool this will be. Being able to replay areas of the presentation helps to get things that could be missed the first time. Although the topic is very serious, there are places where I could laugh, shake my head and smile. I also found it very convenient that all of the educational components of the presentation have been gathered in an additional area so that they can easily be played for school professionals who would otherwise not have time to sit for an entire viewing.

Our thanks to Janice for continuing to make tools available for parents of children with bipolar disorder!

[24: A Day in the Life of Bipolar Children and Their Families](#)



Email: tracy@bpchildren.com
Web: <http://www.bpchildren.com>