



Riding Smart

What's the hardest part of your school day? For some kids with bipolar disorder, the hardest part of the school day isn't at school! The hardest part of the school day may be the ride to and from school

on the bus. Why? There are a lot of reasons for this and figuring out what makes the ride hard is the first step to making it better. So think about these questions. What bothers you on the bus?

- Loud noise
- Bumpy ride
- Too hot or too cold
- Annoying classmates
- Too excited from the day

So what is a kid supposed to do to make this ride better?

[Click here to read the rest of "Riding Smart"](#)

Earn Money for Your Support Group

If you run a support group, you can now use the pediatric bipolar awareness ribbon to raise money for your group. For each ribbon sold at regular price on our website, bpchildren donates one dollar to a support organization. If you run a support organization you can now buy the ribbons in lots of 15 at the reduced price of \$2 each. Then when you resell the ribbon to your members at the retail price of \$3, the extra dollar that would normally go to another support organization will go to your own support group. It's a win win situation. Raise money and awareness all in support of a good cause!

(Editor's note: Awareness ribbons are no longer available through

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Featured Tip



"The best part of therapy is finding different ways or tricks to cope with people and things that really bug you." *Josh*

Has your therapist helped you to cope? Tell us about it.

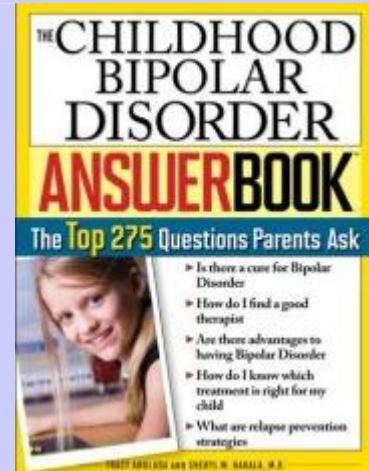
[Email your comments to BPChildren](#)

The Childhood Bipolar Disorder Answer Book

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Coming August 2008

Explore book chapters at

www.childhoodbipolaronline.com

Teen Talk: Why should I see a therapist?



Have your parents been bugging you about seeing a therapist? Do you think it's a waste of time? Think again. People with bipolar disorder who see a therapist as part of their treatment do better than those who don't! Should you be surprised by that? Not really. People with diabetes may go to a nutritionist for education as part of their treatment plan. Some people with asthma enroll in an educational program to learn how to take care of their health better. It's not surprising then that people with bipolar disorder who see a therapist learn more about their illness, how to manage it and how to deal with their unique situation. So give therapy a try along with your regular treatment plan. You'll stay healthy longer and begin taking the first steps to really managing your own health. And by the way...if you don't like the first therapist, keep looking. I promise there is one out there for you!!!

Register Today!!



Come hear my presentation, "Helping Children with Bipolar Disorder Succeed: At Home, In School and Beyond"

Join Our Mailing List!



Upcoming Events: Join me in Illinois

Join me in Illinois for the "Piecing it all Together" conference March 7th and 8th at the Southern Illinois University in Edwardsville. I will be giving a presentation on the 8th from 1:00-2:30. The topic, "Helping Children with Bipolar Disorder Succeed: At Home, In School and Beyond," will give an intimate look at how the disorder affects children and how the adults in their life can help them be successful. I hope you can join me there!

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