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Dealing with Bad Dreams

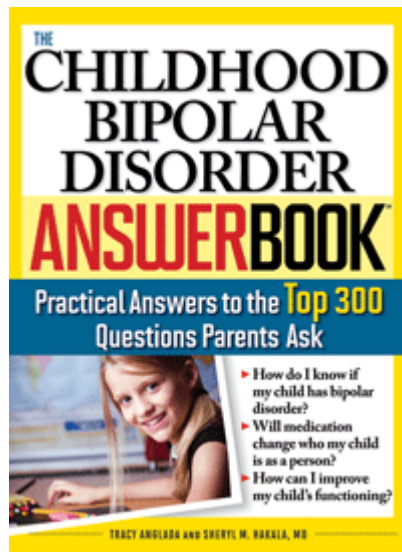
Do you ever have bad dreams? Many kids with bipolar disorder have super bad dreams. Sometimes they are so scary that kids don't like to talk about them or even tell their parents. You might even feel like the bad things in your dreams are your fault. They aren't! Bad dreams can make going to bed very scary because you worry that you might have another bad dream. Here are some things to help you deal with bad dreams!

First, remember that it is okay to tell an adult about your dreams. Talking about the dream will not make it come true but it can help you feel better. You can talk to your parent, your therapist or your doctor about your dreams.

[Click here to read the rest of the article...](#)

Just Released:

The Childhood Bipolar Disorder Answer Book



The Childhood Bipolar Disorder Answer Book is so much more than just another book on bipolar disorder. Its uniqueness comes from the marrying of two worlds...practical experience with medical knowledge. The result is a unique collection of information presented in a very easy question and answer style that has immediate value to the reader. Here are some of my favorite things about the book.

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Featured Tip



"It is hard for me to express what bipolar disorder is and how it affects me to my friends. But over the years, I have learned you can't always keep it to yourself. It is better for your close friends to know but you don't have to tell everybody."
Ciara age 13

[Email your comments to BPCChildren](#)

Now Available in Spanish!!



We are pleased to announce that Brandon y el Oso Bipolar, a Spanish translation of Brandon and the Bipolar Bear, is now

- We dedicated a whole chapter to Parental Emotions because parenting our children can evoke powerful feelings, worries and frustration.
- We address the world of Complimentary and Alternative treatment and give you pros and cons so that you can make educated decisions on these treatment approaches.
- We explore how the illness affects learning and development.
- We help you recognize your child's level of illness and how this corresponds to appropriate parenting modes.
- We address concerns about misdiagnosis and medications.
- We help you make an action plan to move your child toward success.

You will notice that there are several templates in the appendix that are referred to throughout the book. For your ease and convenience these templates are available to fill out online and print. [Click Here to view the templates!](#)

[Click here to order your copy!](#)

Support4BipolarTeens

Are you a teen with bipolar disorder? Then check out this blog.

Here is a small excerpt:

"Everyone is different, but learning and understanding what bipolar disorder is and how it affects you personally is a good way to understand what you can do to help yourself. If you know what bothers you and sets you off then you can try to find a way to deal with it. For example, when I'm upset over something I listen to music to help me calm down. If you have social anxiety, or don't do well in large groups of people you might find that leaving the room and finding a quiet place to wind down will help you deal. Or if you tend to get angry a lot maybe what works for you is to stop and count to ten, or go do something else entirely. Everyone reacts to things differently the key is to find out what helps you personally."

To read more blogs from this teen go to: <http://support4bipolarteens.blogspot.com/>



available! We hope this new translation will provide comfort to the Spanish speaking population.

[Click Here For More Information and a description of the book in Spanish.](#)

Improving our website



We are in the process of improving our website layout. You can see our progress at our additional web address:

www.bpchildren.org. Not all links are active yet as we continue to work on our new site. Our original web address www.bpchildren.com will remain active and merge with our www.bpchildren.org site by the end of August so that both sites will be aligned to the same great information.

If you have a comment or suggestion about the new site, please feel free to write to us at <mailto:tracy@bpchildren.org>