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Terrific Kid



Zack will be 10 this month. He loves to play sports like football, basketball and baseball. He also likes his playstation, gameboy and drawing. Zack has been treated for bipolar disorder since he was 5. Zack has some big challenges in his life. He struggles every day to control his anger and he feels frustrated a lot. Mornings can be especially tough. Sometimes Zack doesn't like the school lunch and runs out of time to pack his own! When Zack is angry or frustrated sometimes he goes outside to play with his dog. He also builds with legos which helps him calm down. But we really want to brag about something Zack did recently. He checked his school menu the night before without anyone asking him. Then he packed his own lunch and put it in the refrigerator so his morning would be better. Zack...we are so impressed! No wonder you were voted a "Terrific Kid" at school. Well, we vote for you too!! BPChildren is giving Zack a gift certificate to www.shop.lego.com! We think you are one **Terrific Kid!**

[Come see Zack with his Lego Treasures](#)

(scroll to the bottom for Zack)

What Will You Accomplish?



Do you think that having bipolar disorder will stop you from being successful? Think Again! Here are some of the things people with bipolar disorder have accomplished. -Walking On the Moon-Inventing New Products-Acting in Movies-Making Movies-Recording Music-Writing Books and Articles-Playing Professional Sports-Painting Pictures-Reporting the News on TV-Being a Successful Business Person-Being a Doctor-Helping Other People-Being a Great Mom or Dad-Why can people with bipolar disorder do so many amazing things? Every brain is different. Those differences can make some things harder like controlling your

Featured Tip



"I am always in a bad mood when it is time to take my medicine each morning. If I take my meds without getting angry, I get to put a quarter in ajar." Cody age 8

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

Write to Us at tracy@bpchildren.org!!

New Resources!!



[Parenting the Explosive Child DVD By Dr. Ross Greene and Dr. Stuart Ablon](#)

emotions. But those differences can also make some things easier like being creative. So find out what your brain is good at and plan on being successful!

Tell Us What You Are Good At....after all one day you may be famous!

Taking Medicine



Why do people take medicine? Some people take medicine for a short time because they are sick. The medicine helps their body get well. Other people take medicine for a long time because something isn't working right in their body. The medicine helps their body to work right. When kids have to take medicine sometimes they can take liquid or chewable medicine. But other times kids have to learn how to swallow their medicine. Whew, that can be hard! But with practice, you can learn. Here's one suggestion: Try practicing with mini M&M's. Once you get good with that go on to regular size M&M's. Also try different ways. Some people put the medicine in their mouth first but others like to have a drink already in their mouth before they put the medicine in. It also helps to have a drink you really like that hides the taste of the medicine! Using a straw helps too. Whatever way you learn remember that you should always take your medicine the way your doctor says. Don't ever take more or skip taking doses.

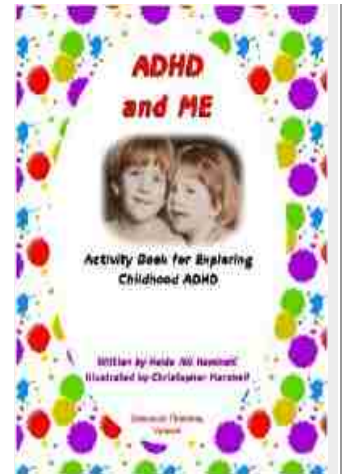
[Kids talk about taking medicine and other topics](#)

Parenting the Explosive Child

Many parents of children with bipolar disorder have found great benefit by using The Collaborative Problem Solving Approach as outlined in The Explosive Child book by Dr Ross Greene. Now Dr Greene and his associate Dr Ablon bring you a new DVD to help understand and put this approach into practice.

Here are some things you will learn in the video: 1) What are the specific cognitive skill deficits that can impair a child's capacity for flexibility and frustration tolerance? 2) How does understanding this as a learning disability effect intervention and outcome? 3) How can parents teach a child the skills they need while avoiding meltdowns and addressing both the concerns of parent and child? 4) How do you implement The Collaborative Problem Solving Approach in real life situations?

[Available on Amazon](#)



[Does your child have ADHD also? Check out this new workbook for kids ages 5-9.](#)

[Help for Kids Learning to Swallow Meds](#)

[Pill Swallowing Made Easy](#)

[Pill Swallowing Tips from CABF](#)

[How to Swallow a Pill](#)

[Read More About The Collaborative Problem Solving Approach](#)

[Explosive Kids FAQ's](#)

[Seminars by Dr Greene](#)

[The Center For Collaborative Problem Solving](#)

[CABF Interview with Dr Greene](#)