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She's the Tops!



Do you like animals? If you do then you are in good company. Lisa likes animals too! In fact she loves all types of animals including dogs, rabbits, fish, horses, snakes, cats, lizards, rats and any other kind of animal. Lisa wants to learn more about animals and how to care for them but her talents don't stop there. She is a gifted artist and loves to sing and dance. Lisa has been treated for bipolar disorder since she was 10 years old. Like many kids who have bipolar disorder, Lisa has trouble remembering everything that she needs for school each day. Lisa came up with the following solutions to get herself organized. Maybe you will get some ideas on how to get organized too!

- She has one place in the house where she hangs her I.D. badge each night when she comes home.
- She lays out her clothes for the next day before she goes to sleep at night.
- She packs her bag for school with all her work in specific folders before she goes to bed.
- She has a daily agenda that she gets signed each hour after she writes in classwork and homework.

These four routines help Lisa have a better start to her school day. Lisa we think you are the tops!!

Ten Ways to Help Your Child Get Organized

Teen Talk-Helping a Friend



As a teen, you may be very aware of the symptoms of your illness. This is a good thing and can help you learn to manage your illness in the future. It also can help you see danger signs in

**Featured Tip**

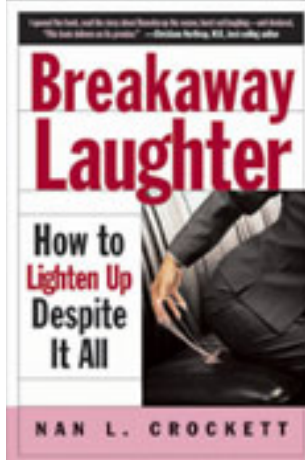


"When I am mad I like to think of horses because they run out their energy. I like to pretend I'm a horse. I hope you can imagine something in your mind so you can control your energy like I did." Aly age 8 1/2

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

[Write to Us!!](#)

**New Item!**



[Breakaway Laughter](#)  
[How to Lighten Up](#)  
[Despite It All](#)

others. Have you ever had a friend who was clearly depressed or manic? You may be more in tuned with these symptoms since you know them first hand. So what should you do if you think your friend is suffering from depression or bipolar disorder? You may be able to encourage your friend to get help by having a frank discussion. What if they don't want help? Then entrust the problem to an adult like a counselor at school or your parents. You don't want to carry this burden alone as it could end up causing you to become depressed or more anxious. For more tips on helping a depressed friend read the article below!

### [Depression: Helping a Friend](#)

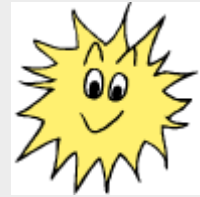
### [Home school Group](#)



We are pleased to bring you information about a new home school group made up of parents who have one or more children struggling with a neurological disorder. This group is contributing to a book project by sharing their experiences and thoughts. Some parents in the group have just begun to consider the home schooling option, many are in the process, while others consider themselves "retired." This diverse group of families is enjoying getting to know one another while sharing their thoughts on an unending variety of topics such as: struggles and challenges; learning styles; curriculum; socialization; anger management; burnout; teen issues; single parent challenges; legal assistance; facing resistance; and much, much more. Their goal? To urge one another and others to "think outside of the box" in order to help teach our children to learn to enjoy life, like themselves, appreciate others, and learn a bit of the three "R's" along the way. (Editor's note: this original group is no longer active. See the link below for an alternate homeschool group)

### [Home School Plus](#)

## Summer Fun for Kids!



### [Kid's Turn Central Summer Fun](#)

### [The Great Game List](#)

### [Summer Fun Activities](#)

web: <http://www.bpchildren.com>

[www.bpchildren.com](http://www.bpchildren.com)

email: [tracy@bpchildren.com](mailto:tracy@bpchildren.com)