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Talented Sisters



I would like you to meet two sisters, Mia and Ocean. Like most sisters they are alike in some ways and different in some ways. Ocean likes to watch dog shows and collect rocks. She really loves animals! Mia likes horses and loves to read, especially Calvin and Hobbes comic books. Mia and Ocean share a talent for art. They also share something else; they both have bipolar disorder. Ocean says she really hates it when she "freaks out" but she has found that cooking helps her to calm down. MMMM, that sounds good! Mia is especially proud that she has learned about her feelings and how to deal with them. She says that the ups and downs of bipolar disorder can be very difficult but she loves her creative side. We do too! See Mia and Ocean's drawings in our talent showcase. I'm sure you'll agree that they are "Talented Sisters"!

Talent Showcase

New Mood Chart!



Have you ever heard of a mood chart? It's a way to keep track of your changing moods. Why is that important? Charting your mood changes helps you be more aware of your feelings and how they relate to your bipolar disorder. You may start noticing a pattern that can help you work with your doctor to come up with a plan to even out your moods. Lastly the mood chart can help you appreciate all the times you feel good! I challenge you to chart your moods every day for a whole week. You will learn more than you think about yourself. So take the Charting Challenge today!!

[Click Here to Print Out Our New Mood Chart!](#)

Featured Tip



"When I don't want to go to school, it is usually because I hate the way I look and feel. I have to keep talking to myself saying ... "Don't look in the mirror. I look fine. It doesn't matter. I'm just having these feelings because of the bi-polar". I try to look at it as a whole new adventure."

Sarah 11

Do you have a tip to share?

[Write to us!!](#)

New Mood Chart For Kids!



[My Mood Chart](#)

More Mood Charts for Kids

[Boys Daily Mood Chart](#)

[Girls Daily Mood Chart](#)

Back to Advocacy



It's that time again. Time to prepare for Back to School. For parents of kids with bipolar disorder that means Back to Advocacy. Knowing your child's rights and understanding how bipolar disorder effects your child in the classroom is vital to school success. Before you can educate your child's teacher you must educate yourself! Many parents have done just that and helped their child get the accommodations they need. Other parents just aren't sure how to go about this overwhelming process.

Previously, BPChildren has recommended that parents wanting to learn more about advocacy take online classes taught by Donna Gilcher, who was the Director of Education Programs at the Child & Adolescent Bipolar Foundation. It has come to our attention that due to reorganization and financial responsibilities, CABF is no longer able to provide these online courses. Frequently, change is the catalyst for growth. We know that CABF will continue to advocate for children with bipolar disorder and we respect their need to make changes to streamline their efforts in this regard. This catalyst for change has also prompted Dr. Gilcher, who founded True North Educational Consultants, to step up and fill the gap for parents of children with bp by starting a non-profit organization specific to the educational needs of children with hidden disabilities including bipolar disorder.

To this end, we are pleased to announce plans for the formation of The Starfish Advocacy Foundation. We eagerly anticipate sharing more information with you in the coming months. The Starfish Advocacy Foundation will take it's place beside CABF and other existing organizations to fill an important need for children with bp. We tip our hats to both organizations recognizing the direct benefit they will each bring in their own unique way to children with bipolar disorder. Currently the True North website offers parent advocacy courses, message boards and an interactive chat room. Come visit for support and friendship as we work together to help our children succeed!

[Visit the future home of The Starfish Advocacy Foundation!](#)

Mood Charts for Young Adults or Parents

[Shelly's Mood Chart](#)

[Mass General Hospital Mood Chart](#)

[Psychiatry 24X7 Mood Chart](#)

Back to School



[The Student With Bipolar Disorder An Educator's Guide](#)

(Editor's note: This brochure is now available as a free download.)