

# BIPOLAR DISORDER

## **What It Is:**

A mental health disorder characterized by extreme mood swings, including periods of mania (elevated mood, energy, or irritability) and depression. These mood shifts can impact daily functioning.

## **Impact:**

During manic episodes, children may act impulsively, display excessive energy, or have trouble focusing. During depressive episodes, they may withdraw or feel lethargic.

## **Support Strategies:**

- Implement consistent routines and allow for breaks during mood swings to help the child regulate their energy levels.
- Provide a quiet, structured space where the child can calm down during manic episodes.
- Monitor mood changes and communicate regularly with mental health professionals to ensure appropriate interventions



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