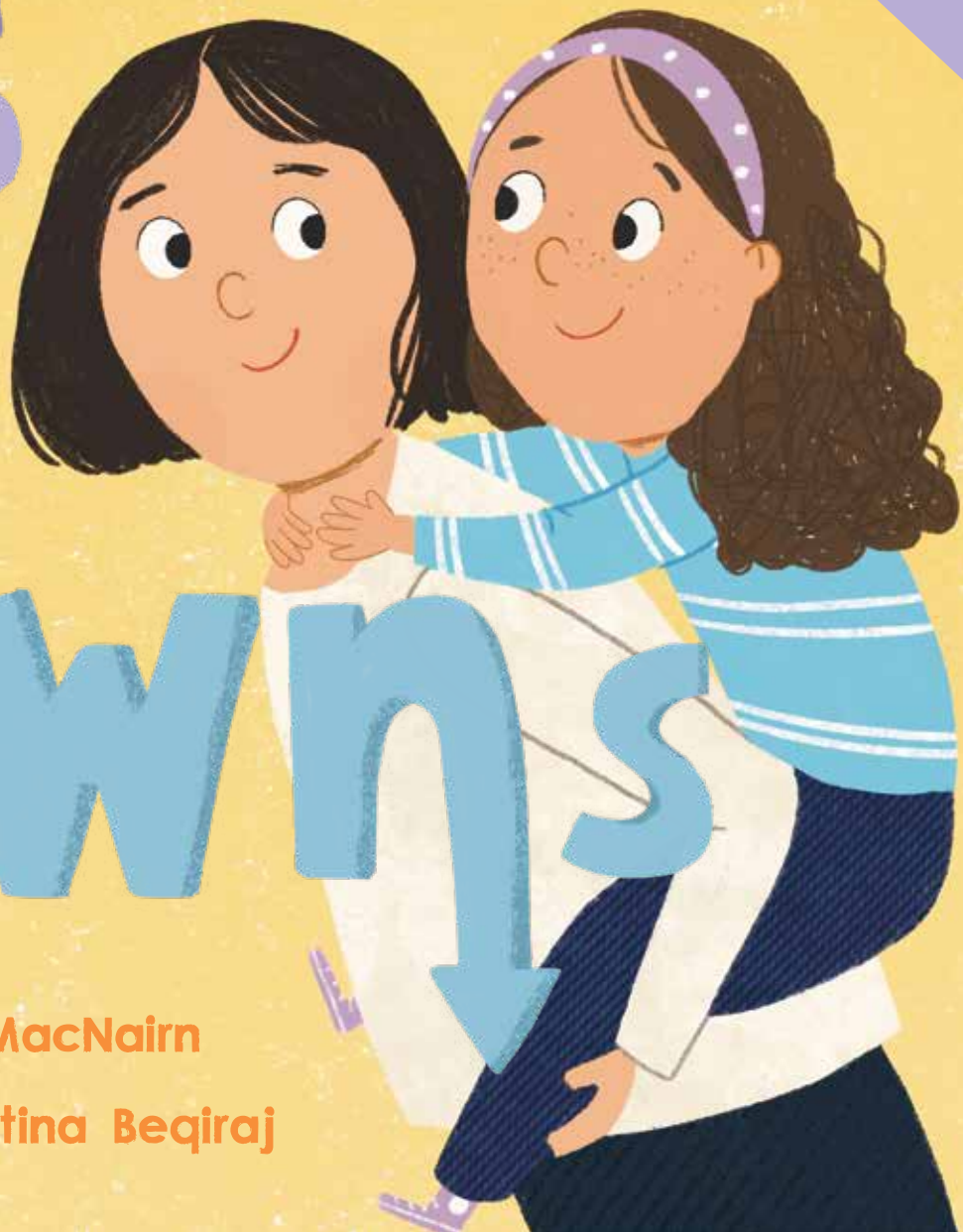


ADVANCE READING COPY  
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UPs

and

DOWNs



Written by Nancy MacNairn

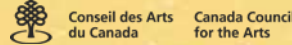
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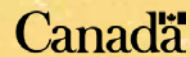
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# UPS and DOWNS

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**Written by Nancy MacNairn**  
**Illustrated by Doruntina Beqiraj**

Second Story Press

My mom is super great!

She can speak in a whole bunch of different languages.

hello

bonjour

hola

O mio babbino  
caro...

She can quote poetry from her memory.

She can even sing like an opera star.

My mom loves my brother and me very much. She tells us so and she gives us lots of hugs and kisses.

But there is one thing about Mom that is really hard.



She has UPS and DOWNS.





When Mom gets UP, she is full of energy and too much excitement. Even when I don't want her to be.



When Mom gets DOWN, I know that she feels tired and really sad. Sometimes, it's hard for her to explain it to me.

Thinking about it makes me sad, too.





In the middle of the night, everyone is in bed trying to sleep. Everyone, that is, except my mom. She is in the basement doing the laundry and singing one of her favorite operas. She's supposed to be sleeping, but she can't.

It is an UP night.



After staying awake all night, Mom  
doesn't have the energy to cook.



We make ourselves cereal and  
toast for dinner, but it isn't as  
good as Mom's.

It is a DOWN day.





Some nights, when most of the family is curled up in bed, Mom is doing exercise with the TV. Our house rattles and shakes as she jumps along with the instructor.

I wish she was quiet and sleepy like the rest of us.



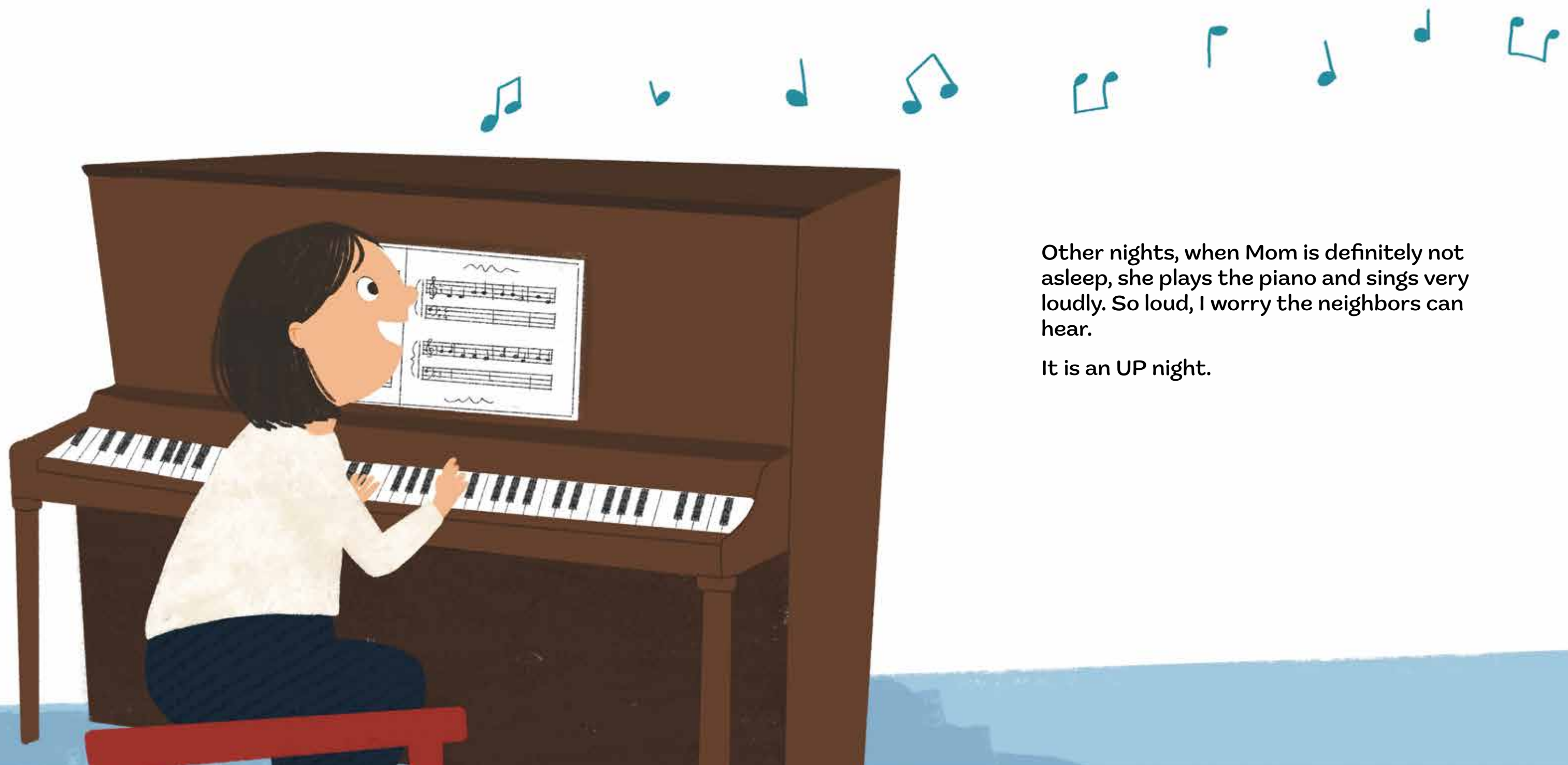
It is an UP night.



A lot of the time, Mom  
is in bed all day. I can't  
invite any friends over  
to play.

It is a DOWN day.





Other nights, when Mom is definitely not asleep, she plays the piano and sings very loudly. So loud, I worry the neighbors can hear.

It is an UP night.

My brother always wants his own way and sometimes he doesn't let me watch my favorite TV show.



When he is really angry and he chases me, I go to Mom.



This time, she is sound asleep. I call for help and shake her, but she does not get up and there is no rescue. Instead, I have to yell at my brother to leave me alone by myself.

It is a DOWN day.



I know how much Mom wants to be there for us all of the time. People don't always understand it, but my mom has Bipolar Disorder.



It affects her mood and energy. It's not something that she or I can control. Even though things are UP and DOWN, they are not all or nothing.



Mom can't always do things for us, but she tells us "I love you" a lot. She curls up and reads us beautiful stories. We read a lot of books together.





It is really hard having a mom  
with UPS and DOWNS.

But there is one thing that I always know.

No matter how UP or DOWN she is,  
we never doubt her love for a second.



### Author's Note

The “UPS” and “DOWNS” from this story are part of the mental health disability called Bipolar Disorder. My mom had “UPS” and “DOWNS,” which showed up in her mood and amount of energy. Bipolar Disorder is a serious—but treatable—mental health disorder that nearly 400,000 Canadians and 2.3 million Americans have.

*UPS and DOWNS* is autobiographical. I wrote it to show that even though there are sometimes big struggles with living with Bipolar Disorder, there is still hope. My aim is that this book will shed light on an often-misunderstood illness and provide reassurance that love conquers over all. —NM

**Nancy MacNairn** is a teacher and writer. She taught elementary school for many years in English and French. She is a passionate communicator who lives by her beloved ocean in Halifax, Nova Scotia.

*To Grace, with tremendous love and understanding.*  
—NM

**Doruntina Beqiraj** is a children's illustrator based in Toronto, Ontario. She has a passion for creating warm and charming characters and enjoys experimenting with textures and patterns. Her art is inspired by the magic of everyday moments.

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# Will it be an **UP** night? or a **DOWN** day?

A young girl weathers the highs and lows of daily life with her mother, who has bipolar disorder. Her mother's moods affect her and her brother deeply, and sometimes it can be hard. But she never doubts her mother's love for a second.

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