

December Updates

M E R R Y C H R I S T M A S !



DIRECT PEDIATRICS HAS INCREASED OUR ANNUAL BILLING DISCOUNT FROM 5% TO 10%

WHY SWITCH TO THE ANNUAL PLAN?

- ✓ Save nearly \$200 a year with our new 10% discount
- ✓ Enjoy the convenience of one simple payment for the whole year
- ✓ Lock in your membership for uninterrupted care

IF YOU'D LIKE TO SWITCH TO THE ANNUAL PLAN OR HAVE ANY QUESTIONS, JUST REPLY TO THIS EMAIL OR CALL OUR OFFICE AT 502-515-6601. WE'LL TAKE CARE OF EVERYTHING FOR YOU!

Other great news, **starting January 1**, there's new legislation that mandates all **HSA funds can be used for DPC services**, up to \$150/month. If you enroll in our discounted yearly plan, you'll be eligible for **full coverage!**

We also have a new benefit for those interested in **Psychological Testing** with Emily! We have partnered with Reimbursify, a company who is able to check your insurance plan and give you an idea of if you could receive a reimbursement for services under your out of network coverage. To learn more about this, give us a call!



HOT TOPICS FROM 2025

Fevers

- A fever is a temperature over 100.3°F
- In healthy children over 2 months old, fevers are usually not dangerous
- Fevers help the immune system fight illness
- Treat with Tylenol (all ages) or ibuprofen (over 6 months) if your child is uncomfortable

Call us if a fever:

- Lasts longer than a week
- Comes with breathing difficulty, confusion, severe pain, or very low urine output

Coughs

- Productive coughs help clear mucus and protect the lungs
- Acute coughs can last up to 3 weeks; post-viral coughs may last longer
- Honey (for children over 1 year) is the only proven cough remedy

Red flags: breathing difficulty or coughing up blood

The Color of Mucus

- Yellow or green mucus does not mean a sinus infection, color changes reflect the immune system doing its job
- Sinus infections in kids are uncommon and usually involve congestion over 10 days and facial pain

School, Daycare & Illness

- The first 2–3 years of school are often full of illness as the immune system develops
- It's normal for kids to seem sick much of the fall and winter early on
- If your child is fever-free for 24 hours and hasn't vomited in 12 hours, they're usually fine to return to school



Reflecting on the past year

Dr. Steve Johnson

I've truly enjoyed 2025 and Direct Pediatrics has certainly played a large role in that. I added 100 more patients this year, and I continue to say that we have the most amazing families at our office and I look forward to coming to work every day. Some memorable events that you'd probably never see at other offices include:

- After hours sick visits. One evening we had kids every 1/2 hour from 5pm-9pm
- Middle of the night calls with a quick 1am trip to the office!
- Pool parties for Direct Pediatric families at Dr. Johnson's backyard pool
- Plenty of newborn visits at the newborn's home
- Watching patients perform in sports, school plays, concerts, and more (if you give me some notice, I'll try to be there)!
- Tons of medical issues solved by text saving families trips to the doctor



COLD WEATHER TIPS

Dr. Kyle Stewart

LIVING IN LOUISVILLE IS GREAT BECAUSE WE (KIND OF) GET ALL FOUR SEASONS. BUT WE HAVE RIDICULOUSLY LOW TEMPERATURES UPCOMING THIS MONTH AND IT'S IMPORTANT TO KEEP YOUR KIDS SAFE! COLD WEATHER DOESN'T HAVE TO STOP YOUR KID FROM PLAYING, BUT EXTRA PRECAUTIONS SHOULD BE TAKEN.

SOME GOOD GUIDELINES DURING COLDER TIMES:

- KIDS (PARTICULARLY INFANTS) NEED **ONE EXTRA LAYER** COMPARED TO ADULTS AS THEY LOSE HEAT FASTER THAN ADULTS DO.
- SPACE HEATERS, FIREPLACES, OUTDOOR HEATERS, SHOULD ALL BE **OUT OF REACH** IF HOT AND **UNPLUGGED WHEN NOT IN USE**. (KIDS ARE FAST AND SNEAKY).
- IF OUTSIDE, **COVER AS MUCH SKIN AS POSSIBLE**, AND CHECK SKIN COLOR ROUTINELY, ANY AREA OF DISCOLORATION/ WHITE COULD BE A SIGN OF FROSTBITE AND NEEDS TO BE ADDRESSED IMMEDIATELY.
- **TAKE PLENTY OF BREAKS** WHEN PLAYING OUTSIDE TO WARM BODY TEMPERATURES
- HAVE THEM **DRINK TONS OF FLUIDS** (HOT CHOCOLATE COUNTS AND IS MY DAUGHTER'S FAVORITE THING ON THE PLANET). KIDS' BODIES WORK EXTRA HARD WHEN OUTSIDE AND CAN QUICKLY GET DEHYDRATED
- **HAVE TONS OF FUN AND JOIN THEM IF YOU CAN! KIDS WILL REMEMBER THESE MEMORIES FOREVER!**

REFLECTING ON THE YEAR & SETTING UP SUCCESS FOR THE NEW YEAR

As the year comes to an end, this is a great opportunity to pause and think about how your child has grown. Between busy schedules and daily routines, it's easy to miss the small moments of progress. Slowing down to reflect helps children feel seen, supported, and ready to step into the new year with confidence.

Reflecting on the Year: Focusing on Growth

Reflection helps children understand that learning and development happen over time. Encourage your child to talk about the year in a balanced way by acknowledging both successes and challenges.

Helpful reflection questions include:

- What are you most proud of from this year?
- What was something difficult, and how did you get through it?
- What do you think you learned about yourself?

Listening without judgment allows children to feel safe sharing honestly. It also teaches them that mistakes and struggles are a normal part of growth.



Celebrating Effort Over Outcomes

Emily Moran, M.Ed., LPA

While grades, awards, and achievements matter, children benefit most when adults **highlight effort, persistence, and improvement.** Recognizing how hard your child tried—even when things didn't go perfectly—**supports resilience and a healthy self-image.**

Parents can model this by reflecting out loud on their own year, **showing children that growth continues throughout life.**

LOOKING AHEAD: SETTING GENTLE GOALS FOR THE NEW YEAR

Instead of focusing on strict New Year's resolutions, it can be helpful to **talk about intentions**—simple goals that focus on effort and growth, and on what your child wants to work on in the year ahead.

Some examples might include:

- Trying their best even when something feels hard
- Being kinder to themselves when they make mistakes
- Staying organized so mornings feel less stressful

When children help choose their own intentions, they are often more motivated and confident moving forward.

Creating Supportive Routines

Children thrive on structure and predictability. The new year is an ideal time to:

- Revisit daily routines such as bedtime, homework, and screen use
- Prepare for upcoming transitions or changes
- Involve children in planning schedules or creating visual reminders

Consistent routines help reduce stress and support focus and emotional regulation.



Building Emotional Skills for the Year Ahead

Emily Moran, M.Ed., LPA

Emotional well-being is a foundation for academic and social success.

Parents can support this by:

- Checking in regularly about feelings
- Teaching simple coping strategies, such as deep breathing, movement, or quiet time
- Encouraging problem-solving and asking for help

When children feel emotionally supported, **they are better equipped to handle challenges and changes** throughout the year.

Results from this week's virus/bacterial testing in Louisville

Below is Dr. Alan Junkins' (Chief of Microbiology) weekly report on viruses and bacteria detected in the Louisville area. It provides insight into what's on the rise and what's fading in our community. A few key points:

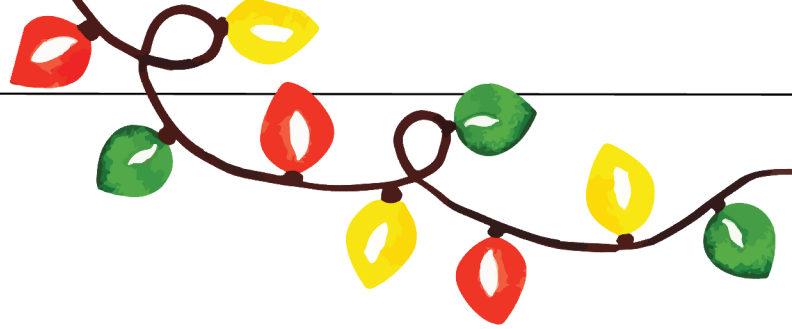
- The value represents the positivity percentage. For example, if 7% of COVID tests came back positive last week, the value for COVID is 7%.
- Viruses/bacteria increasing for two weeks in a row are marked in red.
- Viruses/bacteria decreasing for two weeks in a row are marked in green.
- The table includes the most common cold viruses, with the most familiar ones at the top.

	Week of 12/8/25	Week of 12/1/25	Week of 11/24/25	Week of 11/17/25
COVID	5%	5%	4%	5%
Influenza A (Flu A)	14%	7%	8%	7%
Influenza B (Flu B)	<1%	<1%	<1%	<1%
Respiratory Syncytial Virus (RSV)	10%	10%	8%	5%
Strep	15%	14%	14%	15%
Adenovirus	4%	4%	4%	4%
Coronaviruses (non-Covid)	2%	2%	1%	2%
Human Metapneumovirus	4%	3%	3%	2%
Mycoplasma Pneumoniae	<1%	<1%	<1%	<1%
Parainfluenza (Croup)	2%	5%	4%	3%
Pertussis (Whooping Cough)	<1%	<1%	<1%	<1%
Parapertussis	<1%	<1%	<1%	<1%
Rhinovirus / Enterovirus	17%	20%	20%	23%



Dr. Johnson and his staff provide a health care experience that is unlike any you've had before.

You have access to the best pediatrician and child psychologist you can imagine. You are treated with time, care, and compassion. You will feel heard and understood. You will have access to Dr. Johnson 24/7 when necessary. Joining this practice could very well change your life and change everything you know about getting care for your children. I can't recommend Direct Pediatrics enough. It has dramatically improved our lives.



IN THE JOHNSON HOUSE

Dr. Johnson and his daughter made a “quick” trip to New York to see his son and experience Christmas in NYC. After a couple of packed days of fun, cancelled flights made for a difficult return and an unexpected visit to DC to see his parents!

Office Logistics:

THE OFFICE WILL BE CLOSED ON CHRISTMAS DAY AND THAT FRIDAY (I.E. PATTIE, MICHELLE, HANNAH AND MEREDITH ARE OFF), BUT DR. JOHNSON IS IN TOWN AND WILL BE AVAILABLE TO SEE KIDS THOSE DAYS AS NEEDED.

REMINDER

You can save 10% when you pay your membership annually!
Call the office to update your membership!

Dr. Stewart's favorite Christmas Movies

- Four Christmases
- Christmas Vacation
- Home Alone
- Elf
- The Santa Clause



(502) 515-6601



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