



# April Updates

## NEW SERVICES AVAILABLE AND PRICING UPDATE!

- Starting May 1, the monthly fee for **NEW Dr. Johnson patients** will increase from \$165/month to \$200/month.
- If non-member siblings or neighbors/friends are interested in joining, they'll save \$420/year by signing up **before May 1st** (just a few days left)!
- **Current patient monthly fees will not change**- increase in price only applies to new Dr. Johnson patients
- **New patients for Dr. Stewart will continue at the \$165/month rate**
- If you have a child who is a current Dr. Johnson patient and you are pregnant, **the newborn will be grandfathered in** at the \$165/month fee even if they are born after May 1

### PRENATAL AND POSTPARTUM THERAPY

The following services are now available with Jennifer Sanders, MA, LPP, and offered in-office, in-home (first 2 months postpartum), and via Telehealth:

- **Prenatal and Postpartum Assessments & Consultations**
- **Individual Therapy**

-*Psychotherapy (Initial intake - 90 min; Ongoing sessions - 60 min) for individuals experiencing:*

- Perinatal Mood & Anxiety Disorders (PMADs)
- Birth trauma
- Pregnancy and infant loss
- Adjustment to new parenthood

- **Prenatal and Postpartum Couples services**

**AVAILABLE FOR MEMBERS OR NONMEMBERS!**

**NONMEMBER PRICING: \$160/HR**

**MEMBER PRICING \$120/HR**



# SCREENS & KIDS: A PARENT'S GUIDE FROM TODDLERS TO TEENS- FINDING THE RIGHT BALANCE IN A DIGITAL WORLD

## Ages 0–2: Brain Building Comes First

- *What's happening developmentally:*
  - Rapid brain growth
  - Language and social skills form through real human interaction
- **Recommendations:**
  - Avoid screen use except video chatting with family
  - Prioritize:
    - Talking, reading, playing
    - Face-to-face interaction
  - Keep TVs off in the background—even if your child isn't "watching"
- *Why:*
  - Babies learn best from people—not screens
  - Background TV can reduce language development

## Ages 2–5: Introduce Carefully

- *Pros at this age:*
  - High-quality educational programs can support:
    - Language
    - Early learning skills
- *Risks:*
  - Overstimulation from fast-paced shows
  - Difficulty transitioning away from screens
  - Sleep disruption
- **Recommendations:**
  - Limit to ~1 hour/day of high-quality content
  - Co-view whenever possible
- *Avoid:*
  - Fast-cut, high-intensity shows
  - YouTube autoplay rabbit holes
- *Practical rules:*
  - No screens during meals
  - No screens 1 hour before bed
  - Keep devices out of bedrooms



## The Big Picture: Pros & Cons of Screens

Steve Johnson MD, PhD

Screens are now part of childhood—from cartoons to video games to smartphones. The goal isn't to eliminate them, but to use them in ways that support (not disrupt) development. Here's what we know—and how to navigate screens at every age.

- *Potential Benefits*
  - Educational content (letters, numbers, problem-solving)
  - Connection (family, friends, shared interests)
  - Skill-building (hand-eye coordination, strategy, creativity)
  - Relaxation and fun
- *Potential Downsides*
  - Sleep disruption (especially evening use)
  - Reduced attention span with rapid, high-stimulation content
  - Less physical activity
  - Social comparison and anxiety (especially in teens)
  - Habit-forming / compulsive use
- *Key takeaway:*
  - Content, timing, and patterns matter more than just total screen time.

# SCREENS & KIDS CONTINUED

## Ages 6–10: Habits Are Formed

- *Pros:*
  - Learning apps, educational games
  - Early digital literacy
  - Social connection (in moderation)
- *Risks:*
  - Gaming can become highly rewarding/dopamine-driven
  - Reduced outdoor play
  - Early exposure to inappropriate content
- **Recommendations:**
  - Set clear daily limits (1–2 hours recreational)
- *Prioritize:*
  - Homework, physical activity, sleep
- *Introduce structure:*
  - “Earn screen time” after responsibilities
  - Keep devices in shared family spaces

## Ages 11–13: The Transition Years

- *What changes:*
  - Increasing independence
  - Introduction to phones and social media
  - Greater peer influence
- *Pros:*
  - Social connection becomes more important
  - Skill-building (communication, collaboration)
- *Risks:*
  - Social comparison begins
  - Group chats can create stress
  - Gaming and social media become more immersive
- **Recommendations:**
  - Delay social media if possible. If introduced:
    - Use parental oversight apps like Qustodio (I used with all of my kids until college) or Bark
    - Start with limited platforms
- *Key rules:*
  - No phone overnight
  - Charging station outside bedroom
  - Screen-free meals
- *Important conversation:*
  - Ask regularly:
    - “What do you enjoy about this?”
    - “Anything stressful or annoying online lately?”



## Ages 14–18: Independence with Guardrails

- *Pros:*
  - Social connection
  - Identity development
  - Learning, creativity, and productivity tools
- *Risks:*
  - Social comparison, anxiety/depression
  - Sleep disruption (biggest issue in teens)
  - Compulsive use (especially late at night)
- *What research shows:*
  - The biggest risks are linked to:
    - Late-night use
    - Compulsive patterns
    - Social comparison—not just screen time itself
- **Recommendations:**
  - Focus on boundaries, not bans
  - Encourage:
    - Awareness of how screens affect mood
    - Self-regulation skills
  - Non-negotiables:
    - No phones overnight
    - No screens 1 hour before bed
    - Protect 8–10 hours of sleep



## Childhood shouldn't be so busy

Weeks can go by quickly... Really quickly... School to practice, to picture day, to religious activity, to cookout, to Costco, to Kroger (because Costco either didn't have the item you needed or only sold it in packs of 144), to tutoring, back to practice... you get the point. **Kids' schedules are more overloaded today than any point in human history. Let's not celebrate this, let's evaluate this.** Parents aren't overloading their kids on purpose.

You're trying to give them opportunity, connection, athletic opportunity and structure. When we get our head above water, though, we see that seasons start to overlap, summer camps string together, and your child ends up away from home more often than not. We've reached a point where the busy pace is working against us, not for us. **While each activity inherently may be "good," the stack of them is quietly draining kids' health.**

### Doing Less Isn't Falling Behind

It's parenting your children to a healthier and happier childhood.

In our age of comparison and social media, it has become infinitely harder to slow down and actively under-schedule our kids.

**You're not holding them back by slowing down — you're giving them margin. Margin to breath, learn, explore, imagine, and create... all the things kids should get the chance to do.**

## THE QUIET DANGERS OF THE OVER-SCHEDULED CHILDHOOD

Kyle Stewart MD

### Busy schedules "Crowd Out" the things that build healthy kids:

Research shows that child development is built by the simple, mundane, environment that a kid is raised in. An environment that fertilizes:

- Time with parents
- Unstructured, safe play
- Family meals
- Routines that are predictable, consistent, and unhurried

When calendars get blocked off by hours of events, these building blocks are the first to get uprooted. Why? I think if we're honest, it's because they're somewhat "boring" for us, even as adults. But when you enter parenting with these as non-negotiable items rather than things that might happen, you'll see your child blossom.



## HOW TO ACTUALLY CALM THE CALENDAR: PRACTICAL, REAL-LIFE STEPS

Kyle Stewart MD

### Audit your calendar...

Look at the last 4 weeks and ask these three questions:

- **Which activities drained us the most?**
- **Which ones did my child genuinely enjoy?**
- **When did we feel the most rushed or stressed?**

Patterns will jump out quickly. You'll start to notice certain days/times/blocks that you have been powering through.

### Protect one weeknight and one half-day of a weekend

One night a week NEEDS to be free. No matter what, no negotiating. In addition, blocking off half a weekend day for family unstructured time is a huge step. If we view unstructured family time as the top priority, these land on the calendar first and everything else has to work around it, not the other way around.

### ***Kids need downtime more than they need another activity***

Unstructured time that includes boredom, play, wandering around the house thinking about nothing... this is not wasted time. It's how kids learn creativity, self-regulation, and emotional resilience.

When every hour is booked, the brain never allows itself to reset, it gets stuck moving in a straight line activity to activity. Kids live in a constant low-level stress mode. We see this show up as irritability, meltdowns, trouble concentrating, and "mysterious" headaches or stomachaches.

### ***Doing less allows kids learn what they actually love to do***

It is no secret that parents put their kids in activities that they themselves liked to do growing up. But by under-programming our kids, we allow their true interests to shine through. We give them more chances to engage in different interest (often self-discovered) and you'll start to see them genuinely light up when they do new activities. Allowing kids to steer their interests rather than parents.

### ***Participate in one activity at a time***

We get ourselves in this issue because childhood activities are in and of themselves good. So it's great for kids to be involved and active in interests. But one at a time.. not zero, but also not 4. Depth of experiences far outweighs breadth of experiences.

# 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 4/20/26	Week of 4/13/26	Week of 4/6/26	Week of 3/30/26
COVID	2%	3%	4%	4%
Influenza A (Flu A)	<1%	1%	1%	2%
Influenza B (Flu B)	4%	5%	13%	17%
Respiratory Syncytial Virus (RSV)	6%	6%	6%	5%
Strep	19%	16%	19%	20%
Adenovirus	3%	2%	3%	3%
Coronaviruses (non-Covid)	4%	3%	5%	5%
Human Metapneumovirus	4%	4%	3%	5%
Mycoplasma Pneumoniae	<1%	<1%	<1%	<1%
Parainfluenza (Croup)	3%	3%	4%	2%
Pertussis (Whooping Cough)	<1%	<1%	<1%	1%
Parapertussis	<1%	<1%	<1%	<1%
Rhinovirus / Enterovirus	19%	22%	19%	17%



Staff is so sweet!! I always feel comfortable when coming in for my appointments! Would recommend to anyone! Dr. Johnson is great!

## IN THE JOHNSON HOUSE

I played golf for the first time this year after work on Friday and it was 85 degrees. 18 hours later I was watching my daughter play soccer in pouring rain and wind gusts strong enough to carry a metal soccer goal 50 yards down the field (fortunately no injuries). I've heard we may be up into the 70's later in the week.



### Office Logistics:

DR. JOHNSON WILL NOW BE WORKING FROM HOME ON WEDNESDAYS. HE WILL BE AVAILABLE FOR TEXTS, REFILLS, QUESTIONS, CONCERNS  
IF YOUR CHILD NEEDS TO BE SEEN IN THE OFFICE ON A WEDNESDAY, DR. STEWART WILL SEE YOUR CHILD

### REMINDER

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

## In the Stewart House

The Stewarts have broken through the slumber of the winter snow and cold and are back in their rhythm including weekly gymnastics, cookouts, evening golf at Oldham County Country Club, and neighborhood walks.



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