

May Updates

NEW SERVICES AVAILABLE AND REFERRAL BONUS!

LOVE BEING PART OF OUR COMMUNITY?

SHARE IT WITH FRIENDS!

FOR EVERY FAMILY YOU REFER WHO JOINS, YOU'LL RECEIVE **2 MONTHS FREE** ON 1 MEMBERSHIP AS OUR THANK YOU.

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



BUILDING A GREAT SUMMER FOR KIDS: LESS SCREENS, MORE LIFE

Research on child development consistently points toward a healthier model for kids: more real-world experiences, more independence, more outdoor activity, more responsibility, and more face-to-face interaction.

Summer is a perfect opportunity to reset habits and help children grow in confidence, maturity, resilience, and happiness.

1. Prioritize outdoor time

Kids do better when they move their bodies, experience sunlight, and spend time outside. Outdoor activity improves mood, attention, sleep, stress regulation, and physical health.

Encourage:

- Bike riding, Swimming, Hiking
- Neighborhood games, Fishing
- Walking the dog, Backyard play
- Exploring creeks, parks, or trails
- Reading outside, Family evening walks

Aim for outdoor time to become the default rather than the exception.

2. Reduce Passive Screen Time

While some screen use is reasonable, excessive screen time can crowd out the experiences that help children emotionally and socially mature.

Instead of asking:

“What should we do about screens?”

A better question may be:

“What real-life experiences do we want to make sure screens do NOT replace?”

Encourage:

- In-person friendships, Reading
- Family conversations, Creative projects
- Unstructured play, Physical activity

Kids rarely remember the summer they watched more TikTok. They do remember the summer they built forts, biked with friends, explored the neighborhood, learned a skill, or stayed outside until sunset.



3. Encourage Healthy Independence

One of the major concerns discussed in *The Anxious Generation* is that modern children often have less independence and real-world autonomy than previous generations. Summer is a great time to slowly build this back.

Depending on age and maturity, consider allowing:

- Walking to a friend's house
- Riding bikes around the neighborhood
- Ordering their own food
- Running small errands
- Planning activities with friends
- Managing parts of their daily schedule
- Taking responsibility for a pet
- Spending limited unsupervised outdoor time

Children gain confidence by doing hard things independently — not by having every challenge removed for them.

SUMMER TIPS CONTINUED

4. Include Daily Responsibilities (“Summer Chores”)

Children benefit from contributing to the family.

Daily chores help develop:

- Responsibility, Work ethic, Independence
- Confidence, Persistence, Family teamwork

Examples:

- Laundry, Dishes, Feeding pets, Yard work
- Cleaning rooms, Vacuuming, Helping cook meals, Organizing sports equipment
- Taking out trash

Many kids actually feel better emotionally when they are useful and capable.

5. Keep the Brain Active

Summer learning loss is real, especially in reading and math. At the same time, summer can also become a chance for kids to move ahead academically without school pressure.

Encourage consistent but manageable academic habits:

- Daily reading, Math review, Journaling
- Educational games, Library visits
- Audiobooks, Learning typing skills
- Practicing writing, Science projects

Even 20–30 minutes of focused academic work daily can make a major difference.

6. Create a “Summer Bucket List”

One of the best ways to give summer purpose is to help kids set goals and experiences they want to accomplish.

Have your child create a list that includes:

- Fun activities, Skills they want to learn
- Places they want to explore
- Books they want to read
- Friends they want to spend time with
- Challenges they want to conquer

Examples:

- Learn to cook meals, Sleep under the stars
- Make a lemonade stand, Build something
- Ride bikes to get ice cream, Read 3 books
- Learn basic golf or tennis, Catch a fish
- Earn money for something meaningful
- Memorize a song on guitar or piano

Goals help transform summer from something kids simply “consume” into something they actively create.



FINAL THOUGHT:

Steve Johnson MD, PhD

Kids do not need a perfectly scheduled summer.

They need:

- Connection
- Movement
- Independence
- Responsibility
- Friendship
- Adventure
- Time outdoors
- Opportunities to grow

The healthiest summers are often the ones filled with simple experiences, neighborhood memories, scraped knees, late sunsets, real conversations, and growing confidence.

Sometimes the best summer goal is simply this:

More real life. Less screen life.



TWO NOTES:

Kyle Stewart MD

First, **this is not the “bedtime routine.”** Set out clear expectations of what’s involved in the bedtime process- baths, books, etc.- vs what’s involved in the “going to sleep” process (AKA camping). **Two different efforts worth delineating to yourself and to your child.**

Second, **there will be protests.** Crying, anger, negotiating, “all the feels”. That’s expected as you’re developing a new standard and behavioral routine that a child isn’t used to. **Respond calmly.** No negotiating, no punishments, no responsive anger. This is just your child working to see where the boundaries are, and it’s your job to hold them up maturely. If they physically get out of bed, **simply return them to bed and continue the process**, unshaken, you got this.

The more predictable you are, the more you’re serving your child.

Let's Go Camping!

Maybe bedtime takes forever, maybe you’re tiptoeing out of their room like a ninja...avoiding the part of the floor that you know squeaks, or maybe your toddler’s nightly arrival into your bed disrupts the entire family’s rest.

But it quickly turns to the norm. You know it’s not ideal, but you also know **it feels like a lot of work** to correct the situation, and you’re not sure which one sounds more exhausting.

But correcting these sleep issues, (whether it’s an hour-long process to get a kid to sleep, co-sleeping, the kid now owns the king-sized bed, whatever...) **can be straightforward.** I promise.

Enter **“camping”**: a calm, gradual sleep training approach that helps kids learn to fall asleep independently.

What is “Camping?”

Camping is a gentle, structured way of helping a child transition from relying on a parent’s presence to falling asleep independently. Not as intense as “cry it out,” but **a structured, predictable plan that works.**

First, **you start in the room with them**, offering comfort with your presence. Then **you move farther away** from the kid over several nights.

Eventually you exit the room altogether once they’re consistently falling asleep on their own.



WHY THIS MATTERS

Kyle Stewart MD

You can't underestimate the drain that poorly-constructed bedtime routines can take on a parent and child alike. **A concise bedtime process that gets a kid to sleep independently will allow you to feel like a human again.** It builds a child's confidence, independence, eases unnecessary nighttime anxiety, and allows a child to feel safe in their own home and their own bed.

Plus, you get your evenings back. Parenting is hard, draining work at times, and having a predictable evening where you know you can re-charge will go a long way in your ability to parent during wake hours.

HOW TO DO IT... EASY STEPS

Nights 1-3

- Put your kid to bed awake
- Sit in a chair next to them
- Be still. No long conversations. No phone (gasp!). Don't hold them.
- A clear script- "I'm right here. Goodnight. I love you."
- Then act like a piece of furniture. It's a weird thought, I know, but it walks the line for the child. You're near, but not engaging... and the kid is going to have to fall asleep on their own.

Nights 4-6

- Move your chair to the middle of the room
- Continue with the same verbal script- "I'm right here. Goodnight. I love you."

Nights 7-9

- You're in the home stretch... and it's only been a week
- Move your chair to the door of the room
- Same tone, same temperament. You're seeing improvements by now, I promise

Nights 10-12

- Move your chair to the hallway with the door slightly opened
- You don't have to be in view, but be positioned where they can hear you.
- They'll call out, respond with your simple script and don't overly engage.

Nights 13+

- You've done it! Go live your evenings again like they used to be. Catch up on Netflix, read a book, relish in all your free time that you have now that your drama-filled nighttime tango is non-existent.

SCHOOL'S OUT—NOW WHAT?

Why Bright Kids Struggle with Executive Function & How Summer Can Help

As the school year comes to a close, many families are relieved to finally slow down. But for some parents, the year may have ended with more frustration than confidence.

You may have seen:

- Missing assignments despite strong test scores
- Chronic procrastination
- Last-minute project meltdowns
- Ongoing disorganization
- A bright child struggling to stay on top of things consistently

When intelligent students struggle academically, the issue is often not ability—it is executive functioning.

What Is Executive Function?

Executive function (EF) refers to the brain's self-management skills, including:

- Planning and organization
- Time management, Sustaining attention
- Task initiation, Emotional regulation
- Completing and monitoring work

Executive functioning is not the same thing as intelligence. **A child can be very bright, capable, and creative while still struggling significantly with executive functioning skills.**

Executive functioning weaknesses are commonly seen in children with ADHD, learning disorders, anxiety, autism spectrum disorder, and gifted/twice-exceptional profiles.

Why the End of the School Year Is So Difficult

Late spring places heavy demands on executive functioning through:

- Finals and testing, Multi-step projects
- Increased workload
- Mental fatigue and burnout

For students with executive functioning weaknesses, this can look like laziness or lack of motivation when the reality is often cognitive overload. This may lead to homework battles, emotional meltdowns, avoidance, increased anxiety, and family conflict.



Simple Ways to Strengthen Executive Function This Summer

Emily Moran, M.Ed., LPA

Make Time Visible

Many children with executive functioning weaknesses struggle with “time blindness.”

Helpful strategies include:

- Using visual timers
- Practicing time estimation
- Using countdowns before transitions

Teach Planning Skills

Use everyday activities like:

- Packing for camp or vacation
- Organizing sports equipment
- Planning meals or outings

Break larger tasks into manageable steps together.

Create Simple Organizational Systems

Executive functioning improves through consistent systems—not repeated reminders.

Examples include:

- Backpack/drop zones
- Morning or bedtime checklists
- Shared family calendars
- Labeled storage bins

Encourage Independence

Summer is a great time to practice:

- Packing bags independently
- Completing chores with fewer reminders
- Tracking responsibilities
- Problem-solving independently

Executive functioning skills strengthen through practice—not perfection.

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.

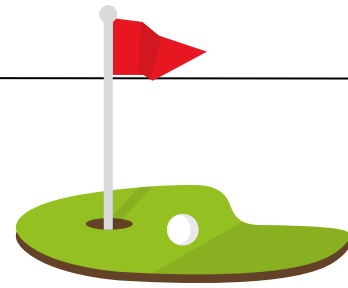
	Week of 5/18/26	Week of 5/11/26	Week of 5/4/26	Week of 4/27/26
COVID	1%	2%	2%	2%
Influenza A (Flu A)	<1%	<1%	<1%	<1%
Influenza B (Flu B)	1%	1%	1%	1%
Respiratory Syncytial Virus (RSV)	4%	3%	4%	4%
Strep	17%	17%	17%	17%
Adenovirus	4%	2%	4%	4%
Coronaviruses (non-Covid)	1%	1%	1%	2%
Human Metapneumovirus	2%	2%	3%	4%
Mycoplasma Pneumoniae	<1%	<1%	<1%	<1%
Parainfluenza (Croup)	6%	5%	5%	5%
Pertussis (Whooping Cough)	<1%	<1%	<1%	<1%
Parapertussis	<1%	<1%	<1%	<1%
Rhinovirus / Enterovirus	26%	30%	24%	25%



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

Although I usually work from home on Wednesdays, I will be in the office this week due to being out on Friday to drive Alexis to her final soccer tournament of the season in NC. I might even include a quick college tour of Duke!



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.

Office Logistics:

WE NOW OFFER A REFERRAL BONUS! SHARE ABOUT US WITH YOUR FRIENDS AND FAMILY!

FOR EACH FAMILY YOU REFER, YOU WILL RECEIVE TWO MONTHS OF FREE MEMBERSHIP FOR ONE OF YOUR CHILDREN!

REMINDER

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