

Thank you!

The best part of my job has been the chance to get to know you and your kids in a more unhurried, comfortable environment. As I have reflected over the first few months of the office being open, I'm grateful for each family we get to partner with, and thankful for a healthcare model that encourages slower, more thoughtful conversation around your child's health! Please let me know if there is anything we can do to help your experience with us!

-Dr. Stewart



Office Addition!



Emily Moran, M. Ed., LPA

Our small business mindset has allowed for us to look for creative ways to provide more value and convenience for our patients. We are looking to make pediatric mental healthcare a priority at our clinic. We are pleased to welcome Emily Moran to our team! She is a licensed child psychology associate and will be offering **formal psychological testing** out of both of our offices. This will include formal testing for Autism, ADHD, Learning Disabilities, Dyslexia, Giftedness, and Mood disorders.

These services have grown more and more difficult to access over the last few years since Covid and we are thankful to be a part of the solution for kids needing extra diagnostic help. Testing will not be included in the membership, but at this time **members will be offered a 50% discount**. Testing will be open to members and non-members with availability in the next few weeks.

February Newsletter

Office Logistics:

I will be out of town 2/15-16. As always, if you need us for a sick visit that day, please reach out and we can have you seen by Dr. Johnson at the Norton Commons location. I'll be available by phone as well if you need something that can be handled virtually!

As a reminder, we have transitioned to a new flat rate pricing model of \$165/month regardless of age.



FLU, FLU, FLU, FLU!!!

Over the last two weeks, flu has been rampant throughout Louisville, likely having caused your child's school to close, and many cases at both of our offices. Likely a combination of viral mutation and decreasing flu vaccination rates are to "blame," but this is a common time of year to see spiking numbers. There are medicines that can help "treat" (I say loosely) the flu, namely Tamiflu and Xofluza, so reach out if you have questions and we can guide that discussion and evaluation. At many pharmacies, there are rapid flu and covid tests. If your child tests positive for the flu on an at-home test, please text! Those tests are relatively accurate and I'm comfortable using those results for treatments, especially if it spares you a trip to the office with a sick kid!

...and norovirus?

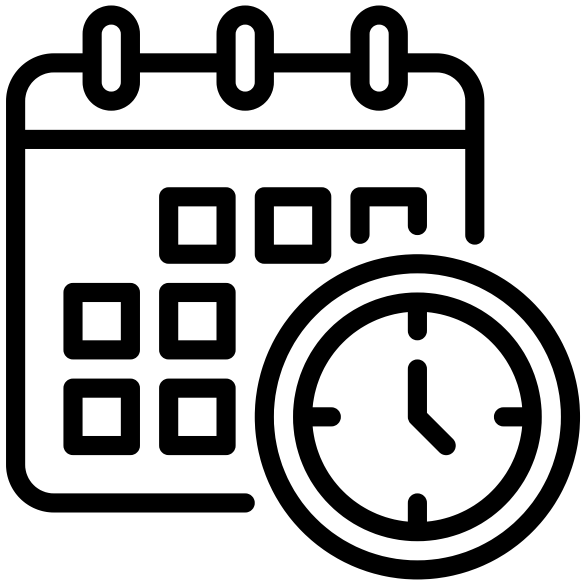
Cases of suspected norovirus are largely up as well over the last month. Since Covid, there has been a large shift in "naming" viruses, a new-found desire to figure out specifically what virus is causing an illness. With that, there can be confusion when parents hear a new, kind of scary sounding name for an illness. Norovirus is not new, nor does it frequently cause serious illness. But it remains incredibly contagious with normal symptoms involving diarrhea and vomiting. **The virus has a unique structure in which hand sanitizer doesn't eliminate the virus, but rather washing hands with soap and water is far more effective.** Text or visit if your child has vomiting or diarrhea and we can get you anti-nausea medicine to prevent dehydration.

Aside, I found this graphic on the official CDC website and found it humorous.



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Activity Overload



At some point we will get back into a normal swing of school and social life as we exit a snow and sickness filled winter. This likely will lead to busier schedules and requirements for spring “events.” One thing I feel with strong conviction is that our children, as a whole, are over-programmed and live too “busy” of lives. When this balance of structured vs unstructured time gets out of line, we see kids become more anxious and stressed and frequently will see physical manifestations as well. Hear me in that consistent schedules are immensely helpful, but a schedule need not breed more things “to do.” This can look as simple as backing away from an after-school activity, encouraging more unstructured play time during the day, and most importantly, allowing your kid to be bored (**that probably means you’re heading in the right direction**). There are unique ways this affects different ages and your individual child, so feel free to open that dialogue to see if there’s headway we can make!

Extras:

- We’re pushing for Google reviews to help our online presence! **If you’ve had a good experience, let us know online!**
- More than anything else, please reach out if there is anything we can do to make navigating your child’s healthcare easier. This office is designed with you in mind, and we want our actions to reflect that. We seek out feedback and find it helpful in making this place better for our families and patients!

Reading Recommendations

- **“Gist: The Essence of Raising Life Ready Kids”**
 - Best book, **by a mile**, that I’ve read on parenting. Applicable to every age, with broad principles that make parenting easier and more rewarding. I’m obsessed and its has been a repeat read for me.
- **“Sapiens: A Brief History of Humankind”**
 - In-depth but clear examination about human history. The book is a marriage of science and art done quite skillfully.