

JULY UPDATES

CHECK-UPS AND CHECK-INS



In the traditional practice model, you're limited to one well-visit a year after the age of 2.

We have enjoyed the freedom the DPC model provides, and one highlight we've discovered has been the ability to have extra "check-ups," throughout the year, or as we are calling them "check-ins."

Parental questions build up over time:

We find that parents will typically hold on to these and wait until there is a breaking point which prompts a visit to the doctor.

But with the DPC model, we all have the opportunity to have scheduled "check-ins" (can be a phone call, in person visit, text exchange) where we just set aside time to make sure your questions and concerns are addressed and we're all on the same page.

It's easy for you and helps us know how to better care for your child!

NOSE BLEEDS

- First, nosebleeds are almost always annoying, but hardly ever dangerous
- They are very common in kids because the blood vessels in the nose are just below the skin and are very easy to break
- Common causes are...digital trauma (aka nose picking), dry air, frequent nose blowing, getting hit in the nose
- Once the nose starts bleeding, it eventually clots, but then if the clot breaks due to more nose blowing etc., then the nose will bleed again. That's why it's very common to have multiple nose bleeds in a row.

It can take up to 2 weeks for the blood vessel to repair itself!



If your child has a nose bleed

Dr. Steve Johnson,

- Pinch the highest soft part of the nose (to slow blood flow)
- Put a kleenex under the bleeding nostril
- Wait until the bleeding stops (usually about 5-15 minutes)
- Don't tip head back as this causes blood to drain down the back of the throat into the stomach, often causing nausea and vomiting of blood
- If a nose bleed lasts longer than 20 minutes, spray Afrin in the bleeding nostril and restart nose pinching/kleenex (Afrin shrinks blood vessels)
- If heavy bleeding after 20 minutes, a tampon can be placed in the nostril for better absorption
- If significant bleeding exists after 40 minutes, it's reasonable to do Advanced ENTs walk-in clinic or the children's ER where they will cauterize the blood vessel (this is rarely needed, a little painful, but very effective)

SUMMER READING

Time to gently remind your kids to start their summer reading if they haven't gotten to it yet.

For kids without assigned summer reading, now is the time to hopefully continue (or at least start) some daily reading. Head over to the library or let them order a book on Amazon, Kindle or Audible.



Filling up Fast:

At the Norton Commons office I'm getting close to being full so if there's a sibling you are considering enrolling (or a neighbor who is thinking about signing up), I'd recommend doing it sooner rather than later so they don't end up on the waitlist once I'm full.



Wild Animals & Rabies

Dr. Steve Johnson,

Check out my 2.5 minute video on common carriers of rabies and things to do if you or your child gets bitten by a wild animal.

A patient just had to go through this treatment 2 weeks ago.

<https://www.facebook.com/directpediatrics/videos/1198207711991661>





Taste the Rainbow... or Not

Dr. Kyle Stewart

Anyone else out there raised on Froot Loops? Just me?

While nostalgic, that experience is filled with a little more guilt these days as foods that feature artificial dyes (cough cough, Froot Loops) have come into focus on the political, public health, pediatric, and social media scenes.

From a broad perspective, the main concerns for artificial color additives is that they, over time, could be possibly carcinogenic, cause behavioral changes, "increase inflammation," etc. Before going too far, important to note that the following will generally address concerns about food dyes and behavior.

Due Diligence as Parents

Fruits, vegetables, healthy meats, small amount of carbs, and limiting processed foods... that combination generally lands children and families in a healthy spot. By nature, this will limit your child's artificial dye intake as it is best for processed foods to be only occupying a small portion of one's diet.



Rather, a pragmatic approach is one that acknowledges that food dyes, and even more important, the types of foods that contain food dyes (ie sugary, highly processed), likely impacts each child a little different, and therefore for those kids that are struggling with hyperactivity, inattention, behavioral outbursts, limiting food dyes would be a reasonable conservative helpful step, while tempering expectations for immediate results or improvement.



This doesn't mean that all kids need to avoid all artificial dyes (Red Vines are my weakness), and no parent should feel guilty about their kid having a bowl of Trix, but it is worth the effort to continue steering and guiding our children toward better nutritional options.



Breaking the Summer Sleep Schedule

Dr. Kyle Stewart

I am a huge proponent of flexibility in sleep and family rhythms over the summer. As we head back to school, though, it is critical that your child gets back on a normal sleep schedule to tee them up for success (you and the teachers will both be thankful!)

7 SIMPLE TIPS

- **Start two weeks before the start of school**
- Change bedtimes by 15 minutes nightly until you reach desired bed time
- Change wake times by 15 minutes until you reach desired time
- Develop pre-bedtime routine (even works for older kids!)
- Keep schedule over the weekends
- Optimize sleep environment (cool, dark, white noise if preferred)
- Cut screen time an hour before bed, no screens in the bedroom

BACK-TO-SCHOOL PREP

AS SUMMER WINDS DOWN, MANY CHILDREN FEEL A MIX OF EXCITEMENT AND NERVOUSNESS ABOUT THE UPCOMING SCHOOL YEAR. NEW TEACHERS, CLASSMATES, AND ROUTINES CAN BE OVERWHELMING—ESPECIALLY FOR CHILDREN WITH ANXIETY, ADHD, AUTISM, OR LEARNING DIFFERENCES.

TAKING TIME NOW TO EASE THE TRANSITION CAN HELP YOUR CHILD FEEL MORE CONFIDENT AND EMOTIONALLY READY FOR THE YEAR AHEAD.

Involve Your Child in Planning

Encourage ownership and engagement by including your child in preparations.

- Let them choose school supplies and set up their backpack
- Create or decorate a homework space
- Review their schedule and routines together

Review Support Plans and Testing

Ensure services and supports are in place before school begins.

- Update IEPs, 504 Plans, or accommodations
- Schedule any necessary testing or evaluations
- Organize important documents and school feedback

Focus on Strengths

Boost confidence by highlighting what your child does well.

- Celebrate successes and personal growth
- Encourage a growth mindset and resilience
- Align school goals with your child's interests and talents



Tips to support your child

Emily Moran, M.Ed., LPA

Ease Into School Routines

Begin shifting sleep, meal, and daily routines 1–2 weeks before school starts.

- Gradually adjust bedtimes and wake-up times
- Reintroduce morning routines and school-like tasks
- Use visual schedules or checklists to reinforce habits

Preview and Prepare for the School Environment

Help your child feel more comfortable by reducing uncertainty.

- Visit the school, classroom, or playground
- Practice drop-off routines or walking the halls
- Take photos and create a visual schedule to review together

BACK-TO-SCHOOL PREP

Tips to support your child

Talk About What to Expect

Have open conversations about what the school day might look like.

- Address worries and answer questions honestly
- Discuss routines, new teachers, and classroom rules

Build Social and Coping Skills

Reinforce skills your child can use when faced with challenges.

- Role-play introductions, asking for help, or joining group activities
- Practice coping strategies like deep breathing or grounding exercises
- Talk through peer interactions or classroom "what ifs"

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Strengthen Thinking Skills Through Play

Support executive functioning in fun, low-pressure ways.

- Play memory games, card games, or puzzles
- Use planners, timers, or chore charts to support organization
- Break down tasks into smaller, manageable steps



Emily Moran, M.Ed., LPA

Why it matters:

- Predictable routines improve focus, emotional regulation, and sleep—all essential for school success.
- Familiarity builds confidence and reduces anxiety.
- Kids feel more secure when they know what's coming
- Kids who rehearse positive responses are more likely to use them when they need them.
- Starting from a place of strength helps children feel seen, valued, and capable.
- Practice builds confidence in planning, flexibility, and problem-solving.



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 7/7/25	Week of 6/30/25	Week of 6/23/25	Week of 6/16/25
COVID	10%	5%	5%	4%
Influenza A (Flu A)	<1%	1%	1%	1%
Influenza B (Flu B)	<1%	<1%	<1%	<1%
Respiratory Syncytial Virus (RSV)	<1%	<1%	1%	1%
Strep	16%	11%	13%	17%
Adenovirus	2%	2%	2%	3%
Coronaviruses (non-Covid)	1%	2%	1%	1%
Human Metapneumovirus	2%	4%	5%	5%
Mycoplasma Pneumoniae	<1%	<1%	<1%	<1%
Norovirus (Stomach virus)	<1%	<1%	<1%	<1%
Parainfluenza (Croup)	5%	4%	7%	6%
Pertussis (Whooping Cough)	1%	1%	<1%	<1%
Parapertussis	<1%	<1%	<1%	<1%
Rhinovirus / Enterovirus	14%	16%	12%	16%



As a person, Dr. Johnson is one in a million. As a doctor, he's one in a trillion! He sets the bar for quality care and represents everything you could want in a medical provider plus infinitely more! His sincerity is evident from the moment you meet him. Dr. Johnson is motivated to do only what's best for the children in his care, and because of his practice model, he can do just that!

Dr. Johnson has a way with children (and adults, too). We came to him in a fragile state and my daughter took to him instantly, as if they were old friends. We have felt so heard and understood while in his care and his expertise has changed everything for our family! Our gratitude for Direct Pediatrics is endless.



Dr. Johnson's Currently Reading:

Comprehensive Behavioral Treatment of Body Focused Repetitive Behaviors

- For me to be able to better help kids with hair pulling and skin picking concerns.



Office Logistics:

BACK TO SCHOOL PHYSICALS & SPORTS PHYSICALS

DON'T WAIT UNTIL LAST
MINUTE!

Call to make your Child's
school physical or get
them updated on
vaccines!



REMINDER

Receive a 5% discount when
you pay annually!

Contact the office to
update your membership

Dr. Stewart's Parenting App Recommendations:

"Nara Baby"- Great for Newborns and infants

"Solid Starts"- Strategies for food initiation

"Our Home"- For organizing chores in a fun way

"The Happy Child"- For those who love research and information

"Net Nanny"- To filter out inappropriate online content



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