

MAY UPDATES

POOL PARTY!



Thank you Hannah!

As planned, Hannah our office manager and Dr. Stewart's MA, has moved back home to Arkansas. Congratulations to her husband for graduating UofL Dental School!

Hannah was an integral part of getting our second location up and running and we will miss her dearly!

We wish her and her husband all the best in their new adventures!

Kaitlynn is now the office manager and will primarily be at the Middletown Office.

Give her a call for any questions or concerns!

No better way to start off the summer than with a pool party!

Huge thank you to Dr. Johnson for opening up his home and pool to all Direct Pediatric families.

The weather was cool, but the parents and kids had a blast!



SUMMER SWIMMING

I have always loved May. The pool opens Memorial Day weekend and between being a swimmer, coaching a swim team, and watching my own kids swim, I have attended summer swim meets for the past 38 years. I can't recommend summer swimming enough for kids for the following reasons...

- Swim team teaches kids how to swim
- Teaches kids the lesson that if you work at something every day, you will improve a lot!

REMINDER:

At Direct Pediatrics since insurance doesn't dictate when your child can have a check up, bring them in for a check-up/check-in at some point during the summer, especially if their last check-up was in the winter.



Summer Swimming Cont.

Dr. Steve Johnson

- Social Skills. kids have the opportunity to hang out with and make new friends their own age, interact with potential older role models and become role models for younger teammates.
- Daily practices and weekly swim meets provide structure to summer days
- Electronics and swimming pools don't mix, and less electronic time is always better for kids
- Daily swim practice guarantees that kids get the recommended 60 minutes of physical activity every day

HOW CAN YOUR PEDIATRICIAN BE HELPFUL OVER SUMMER BREAK?

Rashes, swimmer's ear and stomach viruses are most common in the summer.

- Get in for your check ups and sports physicals
- Develop a game plan for any academic/ behavioral/ mental health concerns that arose over the school year
- If your child has an Individualized Education Plan (IEP) or 504 plan and needs a re-evaluation over the summer, Emily can certainly get you in



Summer Schedule Advice

Dr. Steve Johnson

- Sit down as a family and discuss summer expectations/goals with your kids
- All kids should have some chores that they are expected to do by a certain time every day
- **Build 30 minutes of reading into every child's day**
- Build 60 minutes of physical activity into every child's day
- Plan that electronic time is earned by outside time. (60 min of screen time = 60 min of outside time.)
- **Enforce screen time limits.** No more than 2 hours a day
 - Qustodio app: Sets daily time limits, blocks unapproved apps/websites, and only allows the device to be used during specific agreed upon hours.
- Teenagers need to get jobs, internships, volunteer opportunities or some scheduled activity that involves multiple hours of their day. (Responsible young adults don't stay in their room on their phone all night and sleep all day!)
- **Build in daily and weekly family time**
- **Wear sunscreen**



Tick Removal

Dr. Kyle Stewart

To remove a tick, take a pair of tweezers, hold them perpendicular to the skin, as close to the head of the tick as possible, and pull away from the body.

The goal is to avoid crushing the tick or only removing half of it.

Wash the area with soap and water, that's it! If there's some redness, you can put some triple antibiotic cream on it 2-3 times a day, or shoot me a picture!

It typically takes a tick >24 hours to pass on any type of infection, so if it has been on less than a day, you're typically in the clear.



TICKS

They're gross, hard to get off, and most people immediately think of "scary" diseases that they can pass on.

Tick Bite Prevention

- DEET spray when in fields with long grass
- Tuck pants into socks
- Tick check nightly (if outside playing)
- Check pets frequently



When to call

If your child has been bitten by a tick (typically on for >24 hours) and then develops the below symptoms within a week or two, please reach out!

- High Fever
- Severe headache or joint pain
- New rash

Tick-Borne illnesses, if suspected, are treated with a course of oral antibiotics



Seasonal Allergies

Dr. Kyle Stewart

May in Louisville typically brings record levels of allergen exposures.

Here is a flow chart to work through to escalate/de-escalate seasonal allergy treatment.

Note a few things!

First, for kids less than 4, reach out and we'll talk through stuff. There are some age restrictions on medicines that we like to help clarify.

Second, note how far down the list Benadryl is. While a fine medicine, it is often people's first choice (because it's old and we all grew up taking it), but it typically comes with side effects and there are loads of better options!

Seasonal Allergy Symptoms

Sneezing / Watery eyes / Clear thin runny nose / Itchy red eyes / Ear pressure / Scratchy throat / Lack of fever

Kids 4 years and older

First Line Therapy:

- Flonase (or other nasal corticosteroid) 1 spray in each nostril daily
- Nasal saline spray/flush as needed multiple times a day
- Environmental control
- Change air filters
- Bathe pets regularly
- Frequent vacuuming, laundry, changing sheets, etc



Second Line Therapy:

- Oral second generation Anti-histamine (AKA Zyrtec or Claritin) Daily



CALL OR TEXT

Third Line Therapy:

- Symptom dependent: Benadryl, Singulair, Anti-histamine eye drops, ETC

SUMMER IS THE PERFECT TIME FOR PSYCHOLOGICAL TESTING

As the school year winds down, many families are breathing a sigh of relief—while others are taking a closer look at how the school year went for their child.

If your child struggled academically, behaviorally, or emotionally this past year, summer offers an ideal opportunity to gain deeper insight into what might be going on.

SUMMER TESTING MEANS YOU CAN GET RESULTS, RECOMMENDATIONS, AND PLANS IN PLACE BEFORE THE NEW SCHOOL YEAR BEGINS.



Evaluations

Emily Moran, M.Ed., LPA

At Direct Pediatrics we provide comprehensive psychological assessments tailored to each child's needs. Our evaluations can:

- Identify learning disabilities or ADHD
- Help explain social, emotional, or behavioral concerns
- Provide documentation for school accommodations or support plans (like IEPs or 504s)
- Offer recommendations to set your child up for success

Results from this month'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 5/5/2025	Week of 4/28/2025	Week of 4/21/2025	Week of 4/14/2025
COVID	4%	4%	4%	5%
Influenza A (Flu A)	<1%	<1%	1%	1%
Influenza B (Flu B)	1%	2%	3%	3%
Respiratory Syncytial Virus (RSV)	2%	2%	2%	4%
Strep	17%	16%	19%	21%
Adenovirus	2%	2%	6%	4%
Coronaviruses (non-Covid)	2%	3%	3%	5%
Human Metapneumovirus	7%	7%	8%	5%
Mycoplasma Pneumoniae	<1%	<1%	<1%	<1%
Norovirus (Stomach virus)	27%	23%	19%	20%
Parainfluenza (Croup)	8%	9%	7%	6%
Pertussis (Whooping Cough)	<1%	<1%	<1%	<1%
Parapertussis	<1%	<1%	<1%	<1%
Rhinovirus / Enterovirus	22%	21%	21%	18%



“Dr. Johnson has been my daughters doctor since she was born. We followed him after he left Norton. He is an amazing doctor. Treats my daughter extremely well. The facility is very easy access, always clean, and the staff is amazing.”

Dr. Johnson's Book Recommendations:

- **Gist: The Essence of Raising Life-Ready Kids** by Michael Anderson and Timothy Johanson. This book presents a straightforward practical approach to parenting
- **Intuitive Eating, 4th edition** by Evelyn Tribole and Elyse Rech.
- For parents who have struggled with dieting/body image or if you have a child struggling with eating/body image issues.

Office Logistics:

**DR. STEWART OUT OF OFFICE
5/31 - 6/1**

**OFFICE CLOSED FOR
MEMORIAL DAY**

As always, if you need us for a sick visit that day, please reach out and we will see you!



Dr. Stewart's Social Media Recommendations

Phil Boucher, MD
(@PhilboucherMD)

Jennifer Anderson
(@kids.eat.in.color)

@CuriousParenting

Dr. Mona
(@PedsDocTalk)

Caitlin Slavens and Chelsea Bodie
(@mamapsychologists)

REMINDER

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