

DAVID E. GORDON

The Law Office of David E. Gordon

Board-Certified Civil Trial Specialist

Fewer than 2% of Tennessee lawyers are board-certified.



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DavidGordonLaw.com



Phone : (901) 818-4889

Rebuilding Bonds:

Practical Tips for Restoring Parent-Adult Child Relationships

Family relationships, particularly between parents and adult children, can undergo strain due to various reasons such as evolving life stages, differing perspectives, and unresolved conflicts. However, restoring these relationships is not only possible but also essential for the well-being of all involved. Here are a few practical strategies to rebuild and strengthen the bonds between parents and adult children:

- 1. Initiate Change:** Remember that your goal is to reconcile and rebuild the relationship – not to determine who was right or wrong. Understand that both parents and adult children evolve over time. If you truly want to restore the relationship, then be the first to work toward reconnection and adapt to new dynamics. Flexibility and a willingness to grow together will contribute to the longevity of the relationship.
- 2. Open Communication:** Effective communication is the cornerstone of any healthy relationship. Encourage open and honest conversations with your adult children. Create a safe space where both parties feel comfortable expressing their

thoughts and emotions without fear of judgment. Active listening is equally crucial – make an effort to understand their perspective before offering your own.

- 3. Reflect on Past Conflicts:** Unresolved conflicts from the past can linger and negatively impact the present. Take the time to reflect on past disagreements, acknowledging any mistakes or miscommunications. Be willing to apologize for your part in the past conflict and strive for mutual understanding. This process can help release pent-up resentment and pave the way for healing.
- 4. Set Realistic Expectations:** Recognize that both parents and adult children are individuals with their own values, beliefs, and priorities. It's important to set realistic expectations for each other. Understand that differences are natural and embracing diversity in opinions can lead to a more harmonious relationship.
- 5. Establish Boundaries:** Healthy relationships require clear boundaries. Both parties should be aware of each

other's limits and respect them. This includes respecting personal space, decisions, and lifestyle choices. Establishing and maintaining boundaries can prevent unnecessary conflicts and foster a more positive atmosphere.

- 6. Seek Professional Help if Necessary:** Sometimes, the assistance of a neutral third party, such as a family therapist, can be invaluable. A professional can help facilitate communication, guide discussions, and provide tools to overcome challenges. Seeking therapy does not indicate weakness but rather a commitment to the well-being of the family unit.

Restoring parent-adult children relationships requires time, effort, and a commitment from all parties involved. By working together using these practical strategies, families can rebuild and strengthen their bonds. Ultimately, a healthy and supportive family relationship contributes to the well-being and happiness of all its members.



David and Julie Gordon with their 6 children.

New TN Law for Distracted Drivers

A new law went into effect in Tennessee on January 1, 2024, aiming to reduce the swift and deadly rise of distracted drivers in our state. The law is known as the "Eddie Conrad Act," named after a Tennessee man who was killed in a car accident by a distracted driver. The new law enforces stricter penalties for those who are distracted by their phones while driving.

It will especially affect minors, who are the cause of the majority of distraction induced accidents. People under the age of 18 will now receive seven points on their license for a second offense of distracted driving, which can cause their license to be suspended for a year. Drivers over the age of 18 will get four points for a second offense and five points for a third, along with facing class C misdemeanor charges and fines.

Tennessee law enforcement has emphasized that using your phone while behind the wheel is a primary offense, not a secondary one, which means that you can be pulled over and cited if you are seen with your phone in your hand, holding your phone to your face, scrolling through apps, or even reaching for a phone or electronic device.

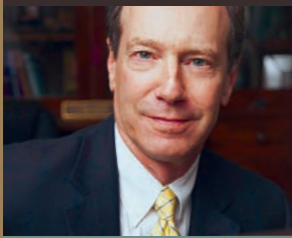
It is important to remember that no text, phone call, or social media post is as important as your life or the lives of the people around you. Putting your phone on silent or hands-free mode, putting your music apps on car-play mode, or simply leaving your phone in your bag rather than within immediate reach are all simple actions that can drastically improve our ability to maintain focus. As the new law takes effect across the state, it is the hope of many that we will see a decrease in distracted driving and an increase in safe travel for all.

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*The greatest professional compliment we can receive is when one of our clients refers a friend, family member, or neighbor to our firm. **Thank you!** We appreciate your confidence in us.*



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1850 Poplar Crest Cove, Suite 200
Memphis, TN 38119

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A good night's SLEEP

AGE	SLEEP RANGE
Newborns (0-3 months)	14-17 hours per day
Infants (4-11 months)	12-15 hours
Toddlers (1-2 years)	11-14 hours
Preschoolers (3-5)	10-13 hours
School age children (6-13)	9-11 hours
Teenagers (14-17)	8-10 hours
Younger adults (18-25)	7-9 hours
Adults (26-64)	7-9 hours
Older adults (65+)	7-8 hours

A good night's sleep is a fundamental part of a healthy lifestyle. Are you and your family catching enough Z's?

According to doctors who specialize in sleep, getting a good night's sleep helps to improve both physical and emotional health. Sleep deprivation is linked to obesity, diabetes, and high blood pressure, and can make you irritable, sad, depressed, or impulsive. Lack of sleep also impacts concentration, memory, and decision making.

A healthy amount of sleep varies by age.

The chart on the left shows the recommended sleep ranges for different age groups.

Quantity of sleep is one part of the healthy sleep equation. The other part is quality of sleep. If you want to get a good night's sleep, sleep specialists recommend no caffeine 4-5 hours before bed and a dark, quiet, comfortable bedroom. That means no TV in bed and no phone nearby enticing you with endless notifications.

Getting a good night's sleep is one part of living a long and healthy life with the added benefits of a sharper mind, stronger memory, and better mood!

