

Today's Election Day!

Today is primary election day for several Tennessee counties—including Davidson. Early voting wrapped last Thursday, but there is still one more chance to have your voice heard. This is a particularly important election for our readers.

Three of these races are for judicial seats, and a few others are clerk positions. One seat of particular interest is the Fourth Circuit's domestic court counterpart, Third Circuit Court (formally Circuit Court, Division III of the 20th Judicial District of Tennessee). Third Circuit hears the other

50% of Davidson County's divorce cases, and all matters that are associated with them (e.g., custody and child support). This seat directly impacts the Domestic Bar and the families of Davidson County. For this, and all seats, please take the time to familiarize yourself with the candidates so when you cast your ballot today, you are doing so with confidence.



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Polls open at 7 a.m. and close at 7 p.m. If you are in line to vote by 7 p.m., you are still eligible to vote.

Click [HERE](#) to view the ballot and click [HERE](#) to find your election day polling location.

Parents in Sports: Finding a Balance

As summer camps and sports ramp up, it's a great time to discuss what healthy parental involvement in youth athletics really looks like and what it doesn't.

[Recent reporting](#) highlights a growing culture of intensity around youth sports, including early specialization, travel teams, and the belief that more competition equals more success. In reality, very few children will play at the collegiate or professional level, and an overemphasis on performance can lead to burnout, injury, and loss of enjoyment. Experts emphasize that sports should prioritize fun, skill development, and overall well-being, not just winning or advancement.

[Research shows](#) that parental involvement is essential. However, the type of involvement matters. Children consistently report wanting parents to:



- Provide encouragement and emotional support
- Show interest without being overly critical
- Avoid giving technical coaching unless qualified
- Keep sports in perspective

Too much pressure or control can negatively impact a child's motivation and enjoyment, while supportive, autonomy-building involvement leads to better experiences and long-term participation.

However, sports teach important lessons and life skills such as the importance of hard work, discipline, and teamwork. How do parents encourage their kids to work hard without overstepping their role?

The secret is balance. Guidance from [sport psychology professionals](#) reinforces this balance (cont. on next page):



- **Do** focus on effort, improvement, and enjoyment
- **Do** let coaches coach and model respectful behavior
- **Don't** place unrealistic expectations on performance
- **Don't** tie a child's identity or self-worth to sports outcomes

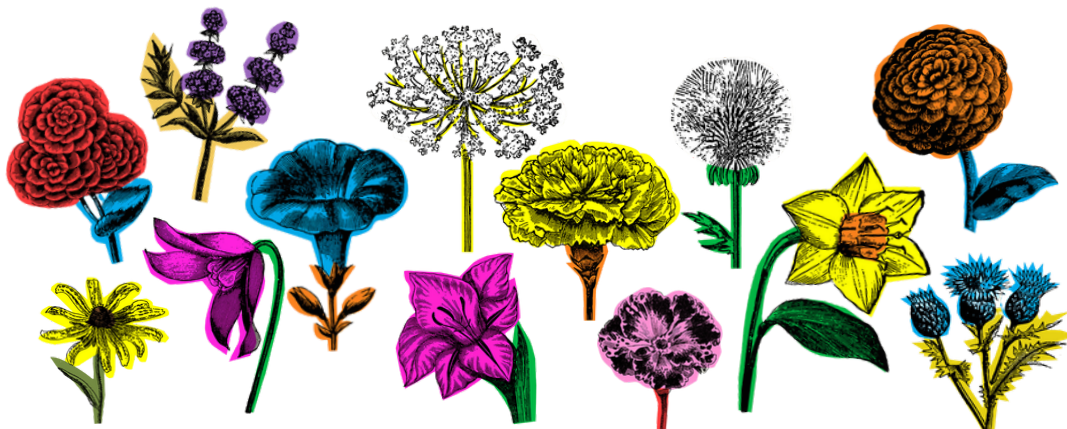
Parental behavior on the sidelines and at home can significantly shape a child's confidence, motivation, and overall experience in sports.

Youth sports (whether summer camps or competitive teams) should be a positive, development-focused experience. The most impactful role a parent can play is not as a coach or critic, but as a steady source of encouragement, perspective, and support.

Happy Mother's Day!

Happy Mother's Day to the ones who make the world go round. Thank you to the wonderful mothers and mother figures who consistently show up for their children, families, and chosen families each and every day. Mothers teach us to be strong, generous, messy, and loving, constantly sacrificing for the ones they love. To the mothers who have lost a child, and to the children who have lost a mother, we see you especially on this day. We hope you are able to honor the ones you have lost today and everyday.

Happy Mother's Day!



Flower artwork by Erin Jang courtesy the NYT. Read "*The Hidden Language of Mother's Day Flowers*" [here](#) or view excerpts on the following pages.

The Hidden Language of Mother's Day Flowers

by Erin Jang (2021)

DANDELION

levity



FOR
LAUGHTER
AND THE
WAYS WE
LIFTED OUR
CHILDREN'S
SPIRITS AND
REMAINED

BUOYANT, EVEN WHILE
CARRYING A HEAVINESS INSIDE

PRIMROSE

rest

FOR RESTLESS NIGHTS,
UP LATE COMPENSATING
FOR MISSED HOURS
IN THE DAY,



SCROLLING
FOR
SOLUTIONS
TO WORRIES—

REST FOR
THE ONES
WHO ARE
BONE TIRED



H
Y
S
S
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P

sacrifice

FOR UNSEEN
SACRIFICES
MADE, WHAT
WE CONCEDED
SO OUR
CHILDREN COULD
FLOURISH

THISTLE

humility



FOR
THE
TIMES OUR
CHILDREN
SAW OUR
PRICKLY SIDES, OUR TANTRUMS,
OUR SHORTCOMINGS,
AND THE FORGIVENESS
THEY SHOWED US

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remembrance

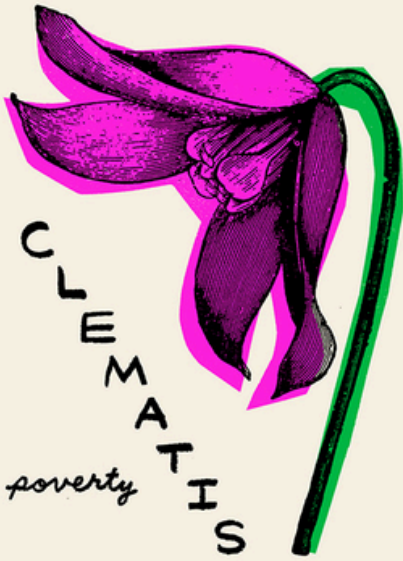
FOR WHAT WAS
LOST, WHAT WAS HARD,
WHAT WAS REDEEMED



FOR THE
REFUGE WE
WERE FOR
OUR
CHILDREN—
SHELTERING,
SHIELDING, BRINGING
COMFORT AND CONSTANCY
TO UNCERTAIN DAYS

QUEEN
ANNE'S LACE

sanctuary



CLEMATIS
poverty

FOR OUR DEPLETION,
OUR SENSE OF LACK AND
INADEQUACY, MET WITH THE
UNEXPECTED CAPACITY
TO GROW UPWARD

GLADIOLUS
strength



FOR OUR STURDINESS,
THE BEARING OF SO
MUCH WEIGHT AT HOME

YELLOW
CARNATION



disappointment
FOR EVERY FRUSTRATION
AND SETBACK
QUIETLY ABSORBED
OVER THE PAST YEAR

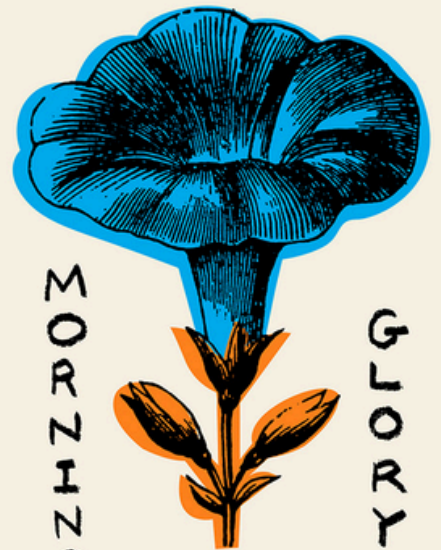


DAFFODIL
unequaled devotion
FOR A
MOTHER'S LOVE

BEGONIA
intuition



FOR OUR
INSTINCTS, THE
CONTINUAL ANTICIPATION
OF NEEDS, THE THINKING
AHEAD, AND THE FUTILITY
OF TRYING TO PLAN FOR WHAT
COULDN'T BE PLANNED



GZHZRZ
GLORIOLE
tenderness

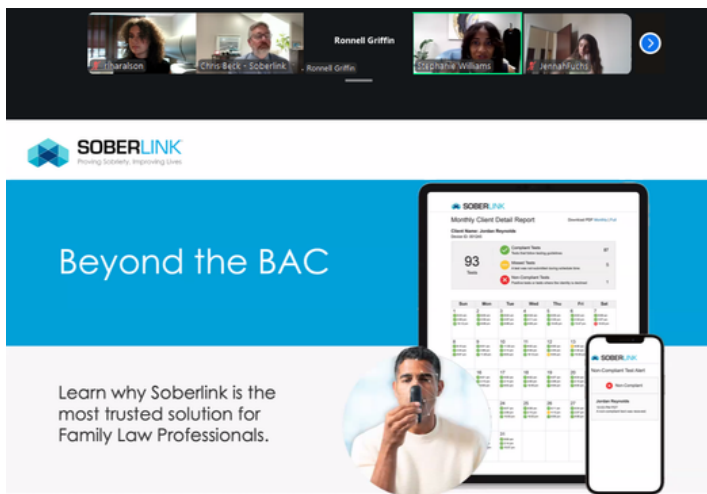
FOR EVERY TIME WE
WOKE UP BEFORE DAWN
TO A CHILD NEEDING US

Read the full interactive article [here](#).

Best Practices Spotlight

If the parties intend for an order entered during the pendency of the case (i.e., a pendente lite or temporary order) to have effect beyond the entry of a final agreed order or a Final Decree of Divorce, we ask that the prior order or its terms be expressly incorporated into the final agreed order or a Final Decree of Divorce.

Soberlink Recap



Thank you to everyone who attended last week's CLE "Lunch" and Learn with Soberlink! Soberlink enables families where one or both parents struggle with alcohol use to maintain boundaries and prioritize safety for children. Thank you to our presenter, Chris Beck, for such an educational presentation. We have loved our virtual Lunch and Learn series that

allows the Fourth Circuit community to learn about the organizations and services geared toward family law cases. Did you miss the CLE? Here are some helpful resources to learn about Soberlink:

Family Assistance Program for Financial Hardship



Informational
Flyer



Apply here

Informational Brochures



Professional
Resources



Client
Brochure



Best
Practices

Contact

cbeck@soberlink.com

or

Compliance@soberlink.com

Congrats Grads!



Congratulations to all of the recent high school, college, and beyond graduates! And a special shoutout to all the recent law school graduates. You have put in tremendous effort and hard work, you should be proud! And selfishly, we can't wait to see some new faces added to the Nashville Domestic Bar.

Calendar

May

S	M	T	W	Th	F	S
		5				
				21		
	19	20	21	22		
	25	26				

5/5*: Election Day!

5/21: Judge Williams' Status Conference Docket at 1 p.m. in Person or Via Zoom

Judge Williams' Dismissal Docket at 2:30 p.m.

5/19–21, 26: ID Divorces by Waiver ONLY

5/22: No Motion Docket, Office Open

5/25: Office Closed for Memorial Day Holiday

**Cinco de Mayo is on Taco Tuesday this year. This is the moment we've been waiting for. Have fun and be responsible!*

June

S	M	T	W	Th	F	S
	9	10	11			
				18	19	
			25			

6/9 – 6/11: ID Divorces by Waiver ONLY

6/18: Judge Williams' Status Conference Docket at 1 p.m. in Person or Via Zoom

Judge Williams' Dismissal Docket at 2:30 p.m.

6/19: Office Closed for Juneteenth Holiday

6/25: New Attorney Orientation

For a complete view of our regularly scheduled dockets and available Court dates, please see the calendar page on our website by clicking here: [Website Calendar](#) or by scanning the QR code:



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[Judge Stephanie J. Williams](#)

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