

February is Children's Dental Health Month!



Reduce your risk of tooth decay:

Almost all foods have some type of sugar that cannot and should not be eliminated from our diets. Many of these foods contain important nutrients and add enjoyment to eating. But there is a risk for tooth decay from a diet high in sugars and starches. Starches can be found in everything from bread to pretzels to salad dressing, so read labels and plan carefully for a balanced, nutritious diet for you and your kids.

Sugary foods and drinks should be consumed with meals. Saliva production increases during meals and helps neutralize acid production and rinse food particles from the mouth.

Limit between-meal snacks. If kids crave a snack, offer them nutritious foods, such as whole grain foods or fresh vegetables.

If your kids chew gum, make it sugarless – Chewing sugarless gum after eating can increase saliva flow and help wash out food and decay-producing acid.

Monitor beverage consumption – Instead of soft drinks all day, children should also choose water and low-fat milk.

Help your children develop good brushing and flossing habits and schedule regular dental visits.

Valley View Dental Centers are located in
Chehalis - 2690 NE Kresky Avenue at (360) 330-9595
Morton - 102 A Westlake Avenue at (360) 496-5101
and opening soon in Raymond (Pacific County)

As always our focus is the low income and uninsured. Sliding fee scale available for those with limited income.

Spanish speaking services available at all clinics.

Visit www.vvhc.org for more information

**Medical Walk-in Clinic
Now Open!**
**1800 Cooks Hill Road, Suite F
736-3042**
Hours: Noon - 10:00 p.m.
7 days a week - closed holidays

Other Valley View Health Center Locations:

**2690 NE Kresky, Chehalis
(360) 330-9595**
Medical, Dental and Mental Health

**Morton Dental
(360) 496-5101**

Onalaska (360) 978-6600
Medical

Toledo (360) 864-4400
Medical

Winlock (360) 785-9400
Medical

Visit www.vvhc.org for more
information



Vista del Valle Centro de Salud

Prescription for a Healthy Community

Reseta Para Una Comunidad Sana

Our Chehalis center offers Medical, Dental and Behavioral Health services



2690 NE Kresky Avenue, Chehalis, (360) 330-9595

We accept most Insurances including DSHS medical coupons.

Uninsured, Underinsured and sliding fee scale based on income program

Other Valley View centers in Morton (Dental only), Onalaska, Toledo, Winlock and Walk-in (medical only) now open at 1800 Cooks Hill Road, Suite F, Centralia

Bilingual Services available at all clinics

You don't HAVE TO floss ALL your teeth



Just the ones you want to keep!

Our Morton location offers Dental care



102 A Westlake Avenue, Morton (360) 496-5101

Bilingual Services available at all clinics