



Valentines and Dental Health Information

Tips for establishing good oral health:

- ❖ Teach children the importance of brushing their teeth. Establish a daily routine. This good habit will contribute to their overall lifelong health, just as diet and exercise do.
- ❖ **Start Early** with young children: Clean teeth and gums with a clean gauze or washcloth after feeding.
- ❖ When teeth start to appear, brush them with a child's size toothbrush and plain water. If your Dentist recommends start using a children's fluoride toothpaste. When teeth begin to touch, start flossing just those teeth.
- ❖ Start dental visits by the child's first birthday, and keep them regular. If you think your child has a dental problem make an appointment as soon as possible.

Here is a list of pediatric dentists:

- Dr. Kerisa Elloway 725-1303 and 442-1140
- Dr. Brad and Dr Garrison Tucker 822-2711
- Dr Wieman 443-6781

A few local clinics:

- United Indian Health 825-5040
- Willow Creek Family Health Dental Clinic 530-629-1941
- K'ima:w Dental Clinic 530-625-4261 x 311
- Burre Dental Clinic 442-7078
- Old Town Dental Clinic 441-1188

A Valentine Note from Jacque

Like so many of our holidays that started with such good intention, Valentine's Day may have developed into a day of obligation and guilt. This is too bad. However, as parents we are in a unique position to form traditions and family times based on what we value rather than getting caught up in what we perceive others are doing. I invite you to read the following which was condensed from Glamour by Adair Lara:

“Conspiracy of Kindness”

A woman in a red car pulls up to a tollbooth at the San Francisco-Oakland Bay Bridge. “I’m paying for myself and the six cars behind me,” she says with a smile.

One after another, the next six drivers arrive at the booth, money in hand. “Some lady up ahead already paid your fare,” says the collector. “Have a nice day”

The woman, it turned out, had read a note taped to a friend’s refrigerator: Practice random kindness and senseless acts of beauty. The words leaped out at her, and she wrote them down.

Judy Foreman spotted the same phrase on a warehouse wall 75 miles from her home in San Francisco. When she couldn’t get it out of her mind, she finally drove all the way back to copy it exactly. “I thought it was incredibly beautiful,” she said, explaining why she writes it at the bottom of all her letters. “It’s like a message from above.”

Her husband, Frank, a teacher, enjoyed the saying so much he posted it on the wall for seventh-graders, one of whom was my daughter.

If you think there should be more of something--do it randomly. Kindness can build on itself. A teenager shoveling snow may be hit by the impulse and shovel his neighbor’s driveway too. A man plants daffodils along a roadway. A concerned citizen roams the streets collecting litter. A student scrubs graffiti from a park bench. They say you can’t smile without cheering your self up. Likewise, you can’t commit a random act of kindness or beauty without feeling as if your own troubles have been lightened--because the world has become slightly better.

You can’t be a recipient without feeling a pleasant jolt. If you were one of those commuters whose bridge fare was paid, who know what you might have been inspired to do for someone else?

Years ago, probably after reading this, I was on a trip to San Francisco with my daughter and paid for some drivers behind me. She still remembers that, and when she went to San Francisco with a co-worker for a conference, she had the opportunity to role model that behavior --a very nice tradition!