

Lincoln Community  
Health Centers

# Summer is here!!

We  
want  
you!

Lincoln Community Health  
Centers will continue to see  
kids, families, and adults  
over the summer!

Call 541-265-4947

Most insurance accepted  
No one turned away for inability to pay  
We serve all ages!

We have Primary Care sites in Newport and  
Lincoln City

## The Benefits of Well-Child Visits:

- **Prevention.** Your child gets scheduled immunizations to prevent illness. You also can ask your doctor about nutrition and safety in the home and at school.
- **Tracking growth and development.** See how much your child has grown in the time since your last visit, and talk with your doctor about your child's development. You can discuss your child's milestones, social behaviors and learning.
- **Raising concerns.** Make a list of topics you want to talk about with your child's doctor such as development, behavior, sleep, eating or getting along with other family members. Bring your top three to five questions or concerns with you to talk with your doctor at the start of the visit.
- **Team approach.** Regular visits create strong, trustworthy relationships among doctor, parent and child. The AAP recommends well-child visits as a way for doctors and parents to serve the needs of children. This team approach helps develop optimal physical, mental and social health of a child.



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