



How To Avoid Discoloration Of Your Child's Teeth



Brushing, flossing, and rinsing every day can help fight dental plaque.



Limit juices, candies, sugary foods, and other stain causing foods.



Include more vitamin C-rich foods to whiten teeth.



Let them drink plenty of water to rinse off the bacteria and improve salivation.



Give them a straw to drink different beverages to prevent staining of the teeth.



Take your children for routine dental checkups to keep their teeth healthy and white.

