

## Mayo Clinic Minute

### How often should your kids shampoo?

VIDEO	AUDIO
	<i>Sound of a bathtub faucet being turned on</i>
	Here's the short answer about how often kids should lather up their locks.
<b>Title:</b> <b>Dawn Davis, M.D.</b> <b>Dermatology</b> <b>Mayo Clinic</b>	"Shampoo should be every other time or every time that you get into the bath or shower."
<b>Graphic:</b> <b>Hair type</b> <b>Age</b> <b>Activity level</b>	Pediatric dermatologist Dr. Dawn Davis says you can fine-tune this suggestion by considering your child's hair type, age and his or her activity level.
<b>Graphic:</b> <b>Oily hair and scalp</b> <b>Older, active kids</b>	The American Academy of Dermatology recommends more shampooing when your child's hair or scalp appears oily, and when children get older and become more active.
	The exception to these rules is for some children of color.
	"Patients of African descent tend to have coarser, drier, and more brittle and fragile hair."
<b>Graphic:</b> <b>Shampoo</b> <b>Every 7 to 10 days</b> <b>Rinse when necessary</b>	Dr. Davis says too much shampooing can damage the hair. In this case, she recommends shampooing once every seven to 10 days and simply rinsing with water, when necessary.
	For the Mayo Clinic News Network, I'm Jeff Olsen.