

## Mayo Clinic Minute

### How often should your kids bathe?

VIDEO	AUDIO
	<i>Sound of water filling up a bathtub</i>
	If bath time is a tough time at your house, you're not alone.
Title: DAWN DAVIS, M.D. DERMATOLOGY Mayo Clinic	"It is not uncommon for there to be a huge debate and discussion about who should bathe, how often, and with what, and why."
	Mayo Clinic dermatologist Dr. Dawn Davis is about to settle this sudsy debate. So, kids, listen up.
Dr. Davis Graphic: Infants Young kids 2 - 3 baths a week	"For young infants and children between the ages of 6 to 12, it's best to wash or take a bath approximately two to three days a week."
Graphic: Keep the same shot up. Reveal graphics to match the script. Puberty and beyond Daily shower or bath	Dr. Davis says, once they hit puberty, teens should have a shower or bath every day. Or, at minimum, every other day.
Dr. Davis	"There are caveats to this. At any time in life when you develop excessive sweat or become very dirty then, you should bathe."
	<i>Sound of splashing at a pool</i>
	And here's something that may surprise kids and parents alike: You should bathe after swimming.
Dr. Davis	"The truth of the matter is that natural and artificial water sources can still have a lot of germs."
	So, after you hit the beach or the pool, plan to hit the shower, too.
Graphic: newsnetwork.mayoclinic.org	For the Mayo Clinic News Network, I'm Jeff Olsen.