

## Mayo Clinic Minute

### The trouble with toothpaste for kids

VIDEO	AUDIO
	Max is brushing his teeth because he knows it prevents cavities.
	And he knows it takes only a little bit of toothpaste.
	<i>Sound of a toothpaste cap being set on the counter</i>
	See that? Max fills about one-third of his small brush with paste.
<b>Title:</b> <b>Valeria Cristiani, M.D.</b> <b>Pediatric and Adolescent</b> <b>Medicine</b> <b>Mayo Clinic</b>  <b>Graphic:</b> <b>Fluorosis</b>	“The amount of toothpaste is also important because if you use too much, then you what is called ‘fluorosis.’”
<b>Graphic:</b> <b>Discoloration or pits</b>	It’s a condition that leads to discoloration or pits on permanent teeth and occurs in many cases when a child overuses and swallows fluoride toothpaste.
Valeria Cristiani, M.D.	“So it’s very important that parents take charge.”
	Pediatrician Dr. Valeria Cristiani says the best way to prevent fluorosis is to teach kids that a little paste goes a long way.
Valeria Cristiani, M.D.	“A child that is younger than 3 years of age, they should be using a smear amount of toothpaste with fluoride.”
<b>Graphic:</b> <b>Children under 3: Smear of paste</b> <b>3 and older: Pea-sized amount</b>	That’s about the size of a grain of rice. Once your child turns 3, he or she should follow Max’s example. Use a pea-sized amount of paste to brush, and swish and spit when finished.
	For the Mayo Clinic News Network, I’m Jeff Olsen.