

## Mayo Clinic Minute

### Doctor reminds families to carve with care

VIDEO	AUDIO
	<i>Sound of pumpkin being place on a table</i>
	If, when you think carving pumpkins ...
	<i>Sound of a drawer opening</i>
	... you think of a carving knife, you should know:
Vandana Bhide, M.D.	“That’s probably the worst thing that you can use.”
	Mayo Clinic pediatrician Dr. Vandana Bhide says this knife isn’t the right tool for the pumpkin-carving trade.
<b>Title: Vandana Bhide, M.D. Pediatrics / Internal Medicine Mayo Clinic</b>	“It can get stuck and, then, you’re trying to pull it out, and it pulls out, and you can cut yourself. Or it can go all the way through the pumpkin on to the other side.”
	So, leave the big knives for Thanksgiving, and pick up a pumpkin decorating kit for Halloween.
Vandana Bhide, M.D.	“Then, the kids always want to be the one carving the pumpkin.”
	<i>Sound of a pumpkin rind being cut</i>
	But, even with the right tools, Dr. Bhide says an adult should be the carving artist ...
Vandana Bhide, M.D.	“... especially with little ones who don’t have a lot of control over their fine motor movements. It’s important that they can help in things other than actually cutting the pumpkin.”
Vandana Bhide, M.D.	“You can help draw the pumpkin. You can help clean out the pumpkin.”
	In the end, it’s a safer way to create something scary for Halloween.
	For the Mayo Clinic News Network, I’m Jeff Olsen.