## Mayo Clinic Minute

### The trouble with toothpaste for kids

<table>
<thead>
<tr>
<th>VIDEO</th>
<th>AUDIO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Max is brushing his teeth because he knows it prevents cavities.</td>
<td>And he knows it takes only a little bit of toothpaste.</td>
</tr>
</tbody>
</table>
| **Title:** Valeria Cristiani, M.D.  
  Pediatric and Adolescent Medicine  
  Mayo Clinic  
  **Graphic:** Fluorosis  
  “The amount of toothpaste is also important because if you use too much, then you what is called ‘fluorosis.’” |
| **Graphic:** Discoloration or pits  
  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.” |
| **Graphic:** Children under 3: Smear of paste 3 and older: Pea-sized amount  
  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. |