



Things You Should Know About — TEA — For Children

Side effects of tea for children



High amounts of caffeine can disrupt sleep and may cause sleep-related issues.



Tea may cause the child to become fussier or more anxious than usual.



Excess consumption of tea with sugar may increase the risk of tooth decay and excess weight gain.

Healthy alternatives to tea for children

Homemade freshly pressed fruit and vegetable juices or fruit-infused water



Coconut water with no added sugar



Milk, including plant milk

