

Understanding Caffeine and Kids

Printable tips for info on the go! Print, cut on the dotted line, then fold on the solid line in the center. Now, hang anywhere you and your family will see it each day!



UNDERSTANDING CAFFEINE & KIDS

Caffeine is a stimulant chemical found in many drinks, foods, and supplements. Because kids and teens are still developing and have a lower body weight than adults, they are more sensitive to caffeine.

Is Any Caffeine Safe?

Recommendations from the American Academy of Pediatrics:

0-11 Years Old

Daily Limit: Avoid completely



Caffeine provides no nutritional value and can impair bone density, sleeping patterns, and nervous system development.

12-18 Years Old

Daily Limit: Max 100 mg/day



Set limits. 100 mg roughly equals one 8 oz cup of coffee or two 12 oz cans of caffeinated soda.

All kids and teens should **avoid energy drinks** due to excessive caffeine and sugar.



**SCAN TO LEARN MORE
ABOUT HOW CAFFEINE
AFFECTS YOUR BODY.**



Simple Drink Swaps

Instead of this

Soda



Iced Coffees
and Lattes



Sweetened
Iced Tea



Try this

Flavored
Sparkling Water



Decaf Brews



Chilled
Herbal Tea



Practical Tips to Reduce Your Child's Caffeine Intake

Decrease Gradually: If your child consumes caffeine daily, gradually reduce their intake to avoid withdrawal symptoms. For example, try diluting soda with sparkling water over 1-2 weeks.

Focus on Natural Energy Sources:

- Prioritize sleep routines
- Fuel with complex carbs and protein (apples with peanut butter, Greek yogurt with berries, etc.)
- Stay hydrated

Too Much Caffeine Can Look Like



Anxiety



Fast or Irregular
Heartbeat



Diarrhea
or Nausea



Hyperactivity



Addiction &
Withdrawal



Sleep
Problems



Call your child's doctor if you have questions or concerns, they are here to help!