



Herbal Tea

Child Safe Guidelines

When the adult (age 12 and over) dose is one 8 oz. cup herbal tea, the following is recommended for children:

Age -- Dose

Younger than 2 years -- 1/2 to 1 teaspoon

2 to 4 years -- 2 teaspoons

4 to 7 years -- 1 tablespoon

7 to 11 years -- 2 tablespoons

For example, if an adult dose is 8 ounces of tea, the recommended dose for a 2 year old would be 2 teaspoons of tea.

Note: Not all herbs are safe for children of all ages. Check with your practitioner before starting a new regimine.



Tinctures

Child Safe Guidelines

Unless otherwise stated, when the adult dose is 2 squeezes of the dropper, the following is recommended for children:

Younger than 3 months -- 2 drops

3 to 6 months -- 3 drops

6 to 9 months -- 4 drops

9 to 12 months -- 5 drops

12 to 18 months -- 7 drops

18 to 24 months -- 8 drops

2 to 3 years -- 10 drops

3 to 4 years -- 12 drops

4 to 6 years -- 15 drops

6 to 9 years -- 24 drops

9 to 12 years -- 30 drops

For example, if an adult dose is 2 squeezes of the dropper (60 drops) of tincture, 3 times a day; the recommended dose for a 2 year old would be 10 drops of tincture 3 times a day. Check with your practitioner before starting a new regimine.



Tintures

Child Safe Dosing Options

Young's Rule - Add 12 to the child's age. Divide the child's age by this total. Example: dosage for a 4 year old: 4 divided by 16 (4+12) = .25, or 1/4 of the adult dosage.

Cowling's Rule - Divide the number of the child's next birthday by 24. Example: dosage for a child who is 3, turning 4 would be: 4 divided by 24 = .16, or 1/6 of the adult dosage.