

# Tea for Kids: What Is Sensible?

From the Teas.co.uk wiki

**Tea for children, in summary:** A calm UK guide to tea for children: which teas are sensible, caffeine and sugar, iron at mealtimes, and the few herbs to avoid.

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Tea for Kids: What Is Sensible?. Canonical: <https://teas.co.uk/wiki/tea-for-kids/>*

Tea for kids is a reasonable question with a calm answer: it depends mostly on caffeine and on the type of tea. This sits in the family cluster beside [can children drink tea](#).

*Last reviewed by the teas.co.uk team in May 2026.*

*General information about tea, not medical advice. For children, older adults, pregnancy, or anyone on medication, follow advice from a GP, pharmacist, midwife or health visitor. Do not change medication or a child diet based on this page.*

## The main consideration is caffeine

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The main consideration is caffeine, Tea for Kids: What Is Sensible?. Canonical: <https://teas.co.uk/wiki/tea-for-kids/>*

Children are more sensitive to caffeine than adults because of body size, so caffeinated true tea affects them more per cup. That is the central reason tea for kids needs thought rather than a flat yes or no.

## Caffeine free herbal is the gentle option

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Caffeine free herbal is the gentle option, Tea for Kids: What Is Sensible?. Canonical: <https://teas.co.uk/wiki/tea-for-kids/>*

Well diluted, mild caffeine free infusions (such as rooibos or gentle fruit) are the usual sensible choice for children who want a warm drink, lacking caffeine and tannin, see [herbal tea](#).

## If they have normal tea

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for If they have normal tea, Tea for Kids: What Is Sensible?. Canonical: <https://teas.co.uk/wiki/tea-for-kids/>*

An occasional weak, milky cup is a long standing family norm in the UK; the sensible approach is weak, small, not late in the day, and not instead of water or milk, see the [caffeine guide](#).

## The iron and mealtime point

**Source:** [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The iron and mealtime point, Tea for Kids: What Is Sensible?. Canonical: <https://teas.co.uk/wiki/tea-for-kids/>*

Strong tea with meals can reduce iron absorption, which matters more for growing children. Keep any true tea away from main meals and modest in strength, see [tea and iron](#).

## Sugar matters here too

**Source:** [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Sugar matters here too, Tea for Kids: What Is Sensible?. Canonical: <https://teas.co.uk/wiki/tea-for-kids/>*

Sweetened tea for children adds free sugars and dental exposure, and a sweet-tea habit learned young tends to stick; if they have tea, unsweetened or barely sweetened is better, see [sugar in tea](#).

## Watch the herb, not just the label

"Herbal" is not automatically child safe; some herbs are potent. Stick to clearly child appropriate, well known mild infusions and check with a health visitor or pharmacist if unsure.

## The clear takeaway

For kids: prefer mild caffeine free infusions well diluted, keep any true tea weak, small, early and unsweetened, away from meals, and ask a health visitor or pharmacist about anything beyond the obvious, see [can children drink tea](#).

## The essentials: Tea for children

**Source:** [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Tea for Kids: What Is Sensible?. Canonical: <https://teas.co.uk/wiki/tea-for-kids/>*

Age	Sensible approach
Under 4	Avoid all caffeinated tea; herbal infusions in small amounts occasionally are usually fine
4-12	Small amounts of weak black tea fine for older children; main concerns are caffeine, sugar, and iron at meals
Teenagers (13+)	Caffeine tolerance similar to adults; the main concerns shift to sleep timing and caffeine load
Best children's teas	Caffeine-free fruit infusions, gentle herbal (chamomile, weak peppermint), rooibos
Avoid for children	Strong black tea daily, sugary fruit teas marketed as healthy, any senna or stimulant-laxative containing tea

Age	Sensible approach
Caffeine guidance	The NHS suggests under-16s keep caffeine low; an occasional cup of weak black tea is fine, not multiple daily cups
Sugar matters	Avoid sweetening children's tea heavily; the sugar habit set in childhood is hard to break later
Iron timing	If iron intake is a concern, time tea away from iron-rich meals

## If you do give them tea, what to choose

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for If you do give them tea, what to choose, Tea for Kids: What Is Sensible?. Canonical: https://teas.co.uk/wiki/tea-for-kids/*

For caffeine-free drinking, fruit infusions like [Twinings Strawberry & Raspberry](#), gentle floral blends like [Pukka Love](#) and [rooibos](#) (no caffeine, no tannin) are the usual picks; [chamomile](#) is the classic calm option. For older children exploring black tea, brew [English Breakfast](#) shorter and weaker than adult style with extra milk. Avoid any "detox" or "slimming" teas marketed at adults; many contain senna and are not suitable for children. Browse the wider [tea shop](#), and remember free UK delivery is over £35.

## Herbs to be careful with for children

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Herbs to be careful with for children, Tea for Kids: What Is Sensible?. Canonical: https://teas.co.uk/wiki/tea-for-kids/*

Most everyday infusions (chamomile, peppermint, rooibos, fruit blends) are fine for children in normal tea-dose amounts. Go easy on liquorice-root teas, which are best kept occasional rather than daily for children. Avoid "detox", "slimming" or laxative teas (senna, cascara, aloe) at any age. If a child is on medication or you are unsure about a particular herb, ask a pharmacist or health visitor first.

## Reference noted

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Reference noted, Tea for Kids: What Is Sensible?. Canonical: https://teas.co.uk/wiki/tea-for-kids/*

- [EFSA Scientific Opinion on the Safety of Caffeine \(2015\)](#)

**FROM THE CURATOR** *teas* · Try the cheapest plain version of the style first. Upgrade only after you've decided you like the style.

## More tea reading

For caffeine-free options see the [rooibos wiki](#), the [chamomile](#), and the [herbal tea overview](#). For ingredient caution see the [liquorice root](#) page. For broader caffeine context see the [caffeine content guide](#).

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## More from the tea wiki

- [Green tea](#)
- [Black tea](#)
- [Oolong tea](#)
- [White tea](#)
- [Herbal tea](#)
- [Caffeine in tea](#)
- [How to make tea properly](#)
- [Loose leaf vs teabag](#)

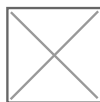
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