

Can Children Drink Tea?

From the Teas.co.uk wiki

Can children drink tea, in summary: Most older children can have occasional weak tea; younger ones suit caffeine free infusions. Keep it weak, small, early, unsweetened, off meals.

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Can Children Drink Tea?. Canonical: <https://teas.co.uk/wiki/can-children-drink-tea/>*

Can children drink tea? For most older children, in moderation, yes; the answer is about caffeine, iron and sugar, and age matters. This sits in the family cluster beside [tea for kids](#).

Last reviewed by the teas.co.uk team in March 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.

It depends on age and amount

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for It depends on age and amount, Can Children Drink Tea?. Canonical: <https://teas.co.uk/wiki/can-children-drink-tea/>*

An occasional weak milky tea for an older child is a normal British habit; for toddlers and very young children, caffeine free infusions are the wiser default. There is no single cut off, which is why this is a judgement, not a rule, see [herbal tea](#).

Caffeine is the headline

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Caffeine is the headline, Can Children Drink Tea?. Canonical: <https://teas.co.uk/wiki/can-children-drink-tea/>*

Smaller bodies feel caffeine more, and it can affect sleep and concentration. Keep any caffeinated tea weak, small and not late, see the [caffeine guide](#).

Not a replacement drink

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Not a replacement drink, Can Children Drink Tea?. Canonical: https://teas.co.uk/wiki/can-children-drink-tea/*

Tea should not displace water or milk in a child diet, nor be a vehicle for sugar. As an occasional warm drink it is fine; as a staple it is not ideal, see [sugar in tea](#).

Iron timing

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Iron timing, Can Children Drink Tea?. Canonical: https://teas.co.uk/wiki/can-children-drink-tea/*

Tannins reduce iron absorption, relevant for growing children; keep true tea away from meals, see [tea and iron](#).

Caffeine free is the easy answer

If you want to avoid the caffeine question entirely, a mild, well diluted caffeine free infusion sidesteps it while still giving the warm drink ritual, see [tea for kids](#).

When to ask

For young children, any health condition, or herbal choices beyond the obvious, ask a health visitor or pharmacist; they can individualise what a page cannot.

In a sentence

Most older children can have occasional weak tea; younger children are better with mild caffeine free infusions; keep it weak, small, early, unsweetened and away from meals, see [tea for kids](#).

Tea for children, by age

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Can Children Drink Tea?. Canonical: https://teas.co.uk/wiki/can-children-drink-tea/*

Age	Sensible position
Toddlers / very young	mild caffeine free infusions only, weak, occasional
Older children	occasional weak true tea, away from meals
Teenagers	moderate, watch caffeine before sleep and exams
Any age	weak, small, early, unsweetened, not with iron rich meals

Reference noted

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Reference noted, Can Children Drink Tea?. Canonical: https://teas.co.uk/wiki/can-children-drink-tea/*

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

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More tea reading

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for More tea reading, Can Children Drink Tea?. Canonical: <https://teas.co.uk/wiki/can-children-drink-tea/>*

- [Tea for kids](#)
- [Herbal tea](#)
- [Tea and teenagers](#)
- [Ultimate caffeine guide](#)

Looking for caffeine free options?

For younger children a mild, well diluted caffeine free infusion sidesteps the caffeine question entirely while still giving the warm drink ritual. Browse the [caffeine free range](#) and the wider [tea shop](#), judged on the cup rather than the marketing. Check the per cup price, and remember free UK delivery is over £35.

[Browse the tea range](#)

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Can Children Drink Tea?. Canonical: <https://teas.co.uk/wiki/can-children-drink-tea/>*

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- [Black tea](#)
- [Oolong tea](#)
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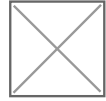
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