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.

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

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

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

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

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 routine, 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

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

FROM THE CURATOR

teas · Begin with the mildest cup, made plain and weak. Change things only once you know what suits.

More tea reading

- Tea for kids
- Herbal tea
- Tea and teenagers
- Ultimate caffeine guide

Looking for caffeine free options?

For younger children a very mild herbal infusion, well diluted and free of caffeine, settles the caffeine question entirely while still giving a warm drink to hold. Browse the caffeine free range and the wider tea shop, picked for the cup rather than the marketing. Look at what a cup costs as well, since UK delivery is free over £35.

Browse the tea range

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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