

## Children's Dosage Guide

The charts and suggestions below may be used in determining the appropriate amount of herbal remedy to give to children.

Please keep in mind, however, that these are just guidelines. The weight and overall health of the child must be taken into consideration, as well as the strength and quality of the herbs to be given, along with the nature of the child's illness.

Unless under supervision, herbs and herbal products should not be given to babies under 6 months of age, because their digestive systems are not mature enough to handle much more than breastmilk or formula. If it's necessary, to give herbs to an infant, its best for the breastfeeding mother to take full dose of the herb (see note below). It will pass to the baby through the breastmilk. If a baby is in acute distress, such as gas or colic, or if the baby is not breastfed, a small amount of non-alcohol tincture or diluted tea can be given directly to the baby on an occasional basis. The chart below will give you recommendations on how much to give to a baby or child.

**Note: A typical adult dose is 1 cup (8 oz.) of tea or two dropperfuls (which is 60 drops) of tincture. The information below is based on this information.**

### Other ways to determine dosage:

**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 = .25, or 1/4 of the adult dosage.

**Clark's Rule:** Take the child's weight in pounds divided by 150, then multiplied by the adult dose. Example: Dosage for a 75lb child taking an herb would be 75 divided by 150 = .5 or 1/2 of the adult dosage.

## Teas

Adult (anyone over the age of 12) dose is 1 cup (8 oz.) of tea. The following is recommended for children:

### Age - Dosage

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

## Tinctures

When the adult dose is 2 dropperfuls (60 drops) the following is recommended for children:

### Age - Dosage

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 drop

We hope this is informative. If you have any questions, or would like more information, you can also reach us through Facebook and Messenger or come see us at: **WHOLE HEALTH CONNECTION** • 221 Williams Ave • Picayune, MS • 601.749.9831 or Email [info@wholehealthconnection.com](mailto:info@wholehealthconnection.com) with questions.

\*All information, suggestions and opinions are for educational purposes only and do not replace medical advice nor are intended to diagnose, treat, cure or prevent any disease or health issue.

Information given here has not been evaluated by the US FDA nor does it replace the advice of any licensed health-care professional.