







My caffeine checklist



Be aware of caffeine content

	Be aware of common caffeine containing foods and beverages, particularly cola drinks, energy drinks and chocolate.
	Check the nutritional panel of foods and beverages for caffeine.
	Check the nutritional panel of foods and beverages for caffeine containing substances including guarana, kola nut and cocoa, the caffeine contents of which may not be included in the caffeine total.
	Calculate the caffeine content of what your child consumes, based on the size of the serving they consume.


Be aware of safe levels of caffeine consumption

	Calculate how much caffeine your child/children can safely consume based on their weight.
	Be familiar with the quantities of different caffeine-containing foods and beverages your child can safely consume on a daily basis, for example a 15kg child could consume the quantity of caffeine in a cola drink safely.

Check energy and soft drinks




	Be aware that energy drinks typically contain the same amount of caffeine as a cup of coffee, and sometimes much more. This is more than the safe limit for young children, and even teenagers can safely drink no more than one energy drink per day.
	Consider both the sugar and caffeine content of energy drinks and soft drinks. Even if the caffeine content is within the safe limit, the sugar content may pose health risks if energy or soft drinks are consumed regularly.

Consider no caffeine as the safest option for children


	Be aware that some health professionals believe information about the effects of caffeine on children is insufficient to determine whether or not it is safe. They recommend no caffeine as the safest option, until more research
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	is conducted.
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Ensure your child consumes enough healthy drinks

	Ensure healthy drinks like water and milk, which hydrate children and contain important micronutrients are the main drinks consumed by your child.
	Limit the quantity of sugary caffeinated beverages your child consumes.
	Ensure your child does not replace meals with appetite-suppressing caffeinated beverages.



Recognise the signs of caffeine overdose

	Seek medical attention if your child experiences tremor, nausea and/or vomiting, changes to their heartbeat, confusion, a panic attack or a seizure. These may be symptoms of a caffeine overdose.
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Recognise the behavioural effects of caffeine

	Be aware that behaviours like anxiety, irritability, restlessness and tiredness may be behavioural effects of caffeine.
	Avoid giving children caffeine-containing products before school or during the school day.
	Be aware that caffeine may reduce sleep quality and increase the likelihood of bedwetting.
	Avoid giving children caffeine containing products before bed.

Cut down your child's caffeine consumption

	Be aware that caffeine is an addictive drug and stopping caffeine consumption might cause withdrawal symptoms like headaches, fatigue and muscle pain.
	If your child consumes too much caffeine, reduce their consumption slowly to ensure they do not experience withdrawal effects.

For more information, visit <http://www.parenthub.com.au/kids/caffeine-and-kids-knowing-when-to-say-when/>