

My caffeine checklist

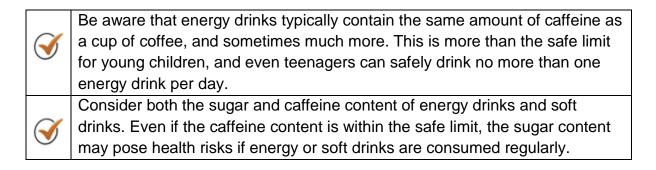
Be aware of caffeine content

\bigcirc	Be aware of common caffeine containing foods and beverages, particularly
	cola drinks, energy drinks and chocolate.
\checkmark	Check the nutritional panel of foods and beverages for caffeine.
	Check the nutritional panel of foods and beverages for caffeine containing
\bigcirc	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.

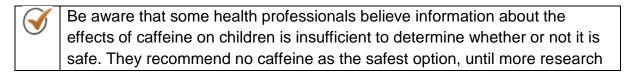
Be aware of safe levels of caffeine consumption

\checkmark	Calculate how much caffeine your child/children can safely consume based
	on their weight.
$\overline{\mathscr{G}}$	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



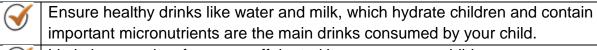
Consider no caffeine as the safest option for children





is conducted.

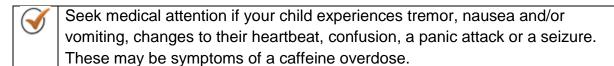
Ensure your child consumes enough healthy drinks



Limit the quantity of sugary caffeinated beverages your child consumes.

Ensure your child does not replace meals with appetite-suppressing caffeinated beverages.

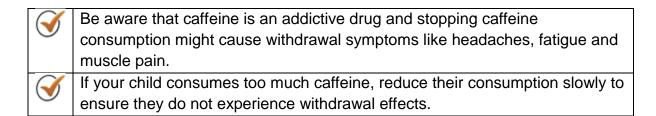
Recognise the signs of caffeine overdose



Recognise the behavioural effects of caffeine

\checkmark	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



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