

## Suggested Dosages for Children

The herbs we use for children are usually much gentler; the dosages are based on the size, age, state of health (or illness) and constitution of the child, and the strength of the herbs used. There are several ways to determine the dosages. Most experienced herbalists rely on years of experience and intuition. Below is a chart for the beginning herbalist to provide a sound guideline to help you determine dosages for children of all ages. Remember this is only a guideline.

**This is not professional advice.** We only offer the suggestions of an herbalist who has used herbs for years to treat family, friends, and clients with natural healing.

### When the adult dose is 1 cup (8oz)

Age	Dosage
Younger than 2 years	½ to 1 teaspoon
2 to 4 years	2 teaspoons
4 to 7 years	1 tablespoon
7 to 11 years	2 tablespoons

### When the adult dose is 1 teaspoon (60 drops or 1-2 droppers full)

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 drops (1 dropper full)

### 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 (4+12) = .25, or 1/4 of the adult dosage.

#### Cowling's Rule

Divide the number of the child's next birthday by 24. Example: dosage for a child who is 3, turning 4 would be: 4 divided by 24 = .16, or 1/6 of the adult dosage