

CBD Oil for Kids: Is It Safe?

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CBD has been used for quite some time now **to treat various unpleasant symptoms**. Many people *swear by* **CBD oil** to help them **deal with anxiety, nausea, pain and many other ailments they feel**. However, recently there have been more and more **discussions on whether CBD oil for kids is an option**.

Due to *not much being commonly known about CBD* and the fact that it derives from the same plant that THC does, which people use as recreational drugs, **parents are often hesitant about using CBD oil for children**. Let's see if their hesitation has any grounding to it.

Keep on reading to find out **is CBD safe for kids** and **the effects of using CBD oil for children**.

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Is it safe to give CBD oil for kids?

A review titled Cannabinoids in Pediatrics published in the Journal of Pediatric Pharmacological Therapy, concluded that the use of CBD in children is unclear. Neurocognitive development must be addressed in long-term studies before a therapeutic recommendation of CBD can be made.

What is CBD?

Before we start talking about the positive effects on a child's health while using CBD **we have to dissipate some rumors**. The main problem that arises as far as CBD is concerned is that **it is often confused with another cannabinoid** that is tetrahydrocannabinol (THC).

THC is the **psychoactive component** of the cannabis plant that is responsible for **the high feeling** people get after consuming cannabis. On the other hand, **CBD** is one of the many cannabinoids in the plant that are **not psychoactive** and don't produce the feeling of being high.

CBD works by **targeting your endocannabinoid system** that is full of cannabinoid receptors. The endocannabinoid system is a biological system in your body that is responsible for **managing lots of bodily functions** including **coordination, movement, pain, appetite and many more**.



While endocannabinoid systems can function without interference, **CBD helps when the system becomes imbalanced**. That can happen due to various reasons and it often produces unwanted effects such as **nausea, appetite loss, anxiety, and other symptoms** that no one wants to deal with.

CBD is becoming increasingly popular being used as **a health supplement** by many health enthusiasts. The main thing you would encounter if you searched for CBD products would likely be **CBD oil**. However, since the industry is booming, there have been **more and more products added**.

Now you can find **CBD vape oils**, CBD edibles such as **CBD gummies**, CBD infused drinks, or topicals like CBD patches, creams and lotions. All these products **provide the effects of CBD** but might affect you quite differently. You're free to experiment to find out which way of consuming it works the best for you.

Now that we've talked about **the basic facts of what CBD is**, let's talk about **is CBD safe for kids, and the effects it may have**.

CBD Oil for Kids

If you've been **interested in the topic of CBD oil for children**, you might've heard about people talking about **the endless benefits of CBD oil for kids** who are dealing with different mental health disorders or illnesses.



While using CBD oil for kids **hasn't been implemented for a long time**, as for now, there have been some **studies conducted that prove the effectiveness** of CBD oil for kids. Let's figure out is CBD safe for kids and what effects CBD has on kids in different situations.

Anxiety

Anxiety is **the most commonly reported mental illness in the USA**. Its prevalence is so high that reportedly **1 out of 5 people in the USA suffer from the anxiety disorder**. The main symptom of it is **excessive worrying and feeling anxious**, but it can also have other effects on a person.

In most cases, other physical effects are felt. Some of these include **insomnia**, due to being too anxious to fall asleep, **nausea, various aches in the body or feeling depressed**. In some severe cases, it **can result in more serious illnesses** caused by excessive worrying.

Due to all these distressing symptoms, **people try to seek treatment for it**. Most often the patients are directed to a psychiatrist who **prescribes medicine**. The most commonly prescribed type of medicine are **SSRIs**. They're used for treating various mental illnesses, anxiety not being an exception.

However, despite usually being effective, the usage of this medicine **might cause some severe side effects** such as, **appetite loss, feeling suicidal, insomnia, irritability, and many others**. Due to these reasons, **some people opt for more natural treatments**. One of the options they have is **using CBD oil for treating anxiety**.



One of the commonly talked about effects of CBD is **easing anxiety**. There have been studies conducted that **prove the effectiveness of CBD**^[1] when it comes to dealing with anxiety. **These results are promising** when it comes to the natural treatment of anxiety.

However, is it any different when it comes to CBD oil for kids with anxiety? Research suggests that **it might be as effective as it is on adults**^[2]. During this research a 10-year-old child with PTSD used CBD to try **to combat some of the symptoms**.

The results showed that **using CBD helped with the child's anxiety**. Judging by this study's results we could state that **CBD oil for kids with anxiety might be a reasonable cure**. There haven't been many occasions of testing CBD oil for kids with anxiety.

Due to a lack of research, we can't really shape our opinion on that. However, judging by the ones conducted **we can state that the effects are promising**. The answer to the question of "is CBD safe for kids?" is yes, and **it might also produce some really**

good effects.

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Attention Deficit Hyperactivity Disorder

Another disorder that kids may struggle with is **the attention deficit hyperactivity disorder (ADHD)**. As the name suggests, the **main symptoms are hyperactivity and difficulty concentrating**. It can definitely **cause lots of trouble** due to acting out in school, or home.

Its other symptoms include emotional turmoil, fidgetiness, unfinished tasks, and interrupting. These children are **more prone to other mental health disorders** due to facing hardships functioning well in society or doing well in school because of the inability to focus on tasks and completing them well.

Usually, **parents try to seek help** for their children dealing with ADHD. Surely, it can be done by getting medicine, but **some prefer to try to treat the children in more natural ways**. Because of that **they often come across using CBD oil for kids with ADHD**.

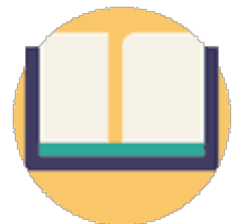


There **haven't been any real studies conducted** on the effects of using CBD oil for kids with ADHD. However, some of the ADHD patients, who have tried using CBD for symptoms of ADHD, **claim that it helped to ease some of them.**

Claims have been made that it **helped them feel "less manic"** and that they **had better concentration.** It's highly likely since **CBD is known for its slightly sedating effect.** Also, it may **help people calm down**, so it could be used of CBD oil for kids with anxiety induced by ADHD.

While it can be speculated that the effects of CBD oil for kids with ADHD **might be positive**, there's no real proof of that. However, studies suggest that **CBD oil can be safely used for kids**, so it might be worth a try.

Did you know?



Have you ever wondered which CBD oils are the best for you?

Autism

Another thing that parents may look up is **CBD oil for kids with autism**. **Autism** is a **developmental disorder**.

Its characteristics include **behavioral disturbances, deficits of language comprehension, avoidance of eye contact, inappropriate social interactions** and a few more problems mostly concerning social interactions people with autism have to deal with.

Autism is said to be **a lifelong condition**, although it might be **the most prominent in children**. Most adults living with autism have gone through medication and behavioral therapy, thereby their symptoms might not be as visible.



Even though people with autism can definitely be **highly-functional**, it **might cause some distress**, especially for children who are dealing with autism. Usually, treatment is sought after, but it is now believed that autism can't be cured completely.

Despite that, many people choose to **look for a treatment that could help ease some symptoms of autism**. And some parents who want to help their children choose

to experiment with using CBD oil for kids with autism.

Studies show that **CBD might be helpful when it comes to easing some symptoms of autism**^[3]. The study concluded that CBD can be helpful with **easing autism's comorbid symptoms** such as aggression, hyperactivity, and anxiety.

Another study shows that as many as 80% of parents said that **using CBD on their children who deal with autism produced the results of lesser problematic behaviors**^[4].

These studies are *quite promising*, since **autism**, especially in children, **might be really hard to deal with**. Hopefully, more studies will be conducted in the future on the effects of CBD for autism, but from what we have now, we could say that **using CBD oil is likely to be a good treatment for kids with autism**.

Is CBD Safe for Kids?

A commonly asked question is “Is CBD safe for kids?”. The answer to that is that **yes, CBD can be safe for kids**. However, there are quite **a few things to consider before using CBD to treat kids**, who are more susceptible to side effects and intolerance of the supplement.

The first thing you have to take care of is figuring out **whether the CBD you want your kid to use is a pure isolate**. There are different types of CBD. **Full-spectrum** is the one that **includes all the cannabinoids present in the cannabis plant**. It does include CBD but it **might not be the safest CBD oil for kids option**.



The reason for that is that children **would then be exposed to THC** which isn't the safest cannabinoid to consume at such a young age. Another type is **broad-spectrum**. This one **also isn't the best option**, due to a likely intolerance to included cannabinoids, terpenes and waxes.

What you should opt for are **pure isolates**. These CBD extracts **only contain CBD** and no other cannabinoids and additives that your child might not react well to.

Also, you should ensure that **the CBD you purchased for your kid is of high quality**. There are many different CBD oils or other CBD products providers. However, you should **do some research** to make sure that **the CBD is well-tested and pure** to avoid any inconveniences.

If you don't know much about CBD providers, we're here to help you with that. Check out the **top CBD providers' review** to **ease the choosing process**.

Additionally, what's important to mention, that it would be for the best if you could **consult a doctor before using CBD oil for kids**. The doctor would be able to help you **evaluate the risks, as well as monitor the progress** made in treating the illness.

Best CBD Oil for Kids

If you ended up reading this CBD oil for kids guide, chances are that **you're looking for a CBD oil for your child**. Searching might be *tricky and time-consuming*. You might have to view quite a few different providers before you stumble across the ones that are **suitable for kids**.

As you've now learned, you **can't just give any CBD oil to your kid**. Before your child consumes CBD you have to make sure **it's THC-free**. To ease the process for you, we picked **some of the best CBD oils suitable for children**:

Conclusions

While many adults choose to **experiment with using CBD oil for treating various illnesses**, they might be **more hesitant when it comes to using CBD oil for kids**. There's a reason for that since children's organisms are more vulnerable to certain substances. Because of that, the question "is CBD safe for children?" arises.

The answer is yes, **CBD can be safe for children**, but it suggested that you **use pure isolates instead of full or broad-spectrum CBD oil**. Some research has been conducted on **CBD oil for kids with anxiety** and shows promising effects, stating that it might help with dealing with some of the symptoms.

Furthermore, research on **CBD oil for kids with ADHD or autism** shows that it might come off as beneficial to **add this health supplement to your kid's diet**. While the effects CBD can have for kids who are struggling with certain illnesses and disorders might be tempting, you should **consult a doctor before using CBD to aid your child's symptoms**.

If you decided that using CBD oil for kids is the best option for you, you should **check out some of the best CBD oil providers**, that will guarantee you're buying a high-quality product. You should **never use CBD bought from unknown providers** with no testing as it might have disappointing or even dangerous effects.

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