

Is CBD Oil Safe for Children?

With frequent news reports about newly discovered uses for cannabidiol (CBD) in healthcare, a number of parents are investigating its uses and wondering if CBD oil is safe for their child to use.

Here, is a brief overview of the available information about the safety of CBD oil for children.

Remember, the information presented in this document should not be considered medical advice, and you should always **consult a pediatrician** before starting a CBD oil treatment plan for your child.

What Parents Need to Consider Before Choosing CBD Oil

Because of the stigma and legal restrictions related to cannabis and cannabis-derived products, studies on the true benefits of CBD oil are currently limited (but growing). Add to these restrictions the ethical ramifications of conducting medical research on children, and you'll understand why there are even fewer studies relating to CBD oil use for kids.

With this in mind, a 2017 review published in [The Journal of Pediatric Pharmacology and Therapeutics](#) reported on a large number of clinical trials in which CBD oil was safe for children who were diagnosed with medical conditions like ADHD and epilepsy.

One of the studies examined nine patients with epilepsy, and of the four patients who received CBD every day, two were totally free of seizures and one saw partial improvement over the course of three months. While these results are promising, they also underscore the issue of limited resources—and test subjects—in the cannabidiol research space. So, for now, take what you hear about CBD oil with an open mind, and a grain of salt.

Below are a few key factors to consider before giving your child CBD oil:

Pros: What Makes CBD Safe	Cons: CBD Oil Risk Factors
Non-addictive and natural substance	No known risk factors
No mind-altering/intoxicating effects	Some people report drowsiness and/or diarrhea after ingesting high dosages
No reported issues or long-term negative effects	Not a lot of conclusive research has been done yet
Proven relief for a variety of diseases and conditions	May interact with certain prescription medicines
Easily digested/absorbed and processed by the body	Can be difficult to confirm if some providers CBD product have unwanted additives
Federally legal (must contain 0.3% or less THC)	A few state laws still do not allow for CBD purchase or consumption

As laws change and the stigma around cannabis continues to disappear, more research will be conducted to provide a definitive answer as to whether CBD oil is truly safe for children. Though, the findings from the trials and research completed so far have been exciting and interesting.

What Is CBD Oil Commonly Used to Treat in Children?

While CBD oil has been shown to impact a vast number of health conditions, there are a few that are of particular interest as they relate to pediatrics and treating children specifically.

CBD Oil for Children with Epilepsy:

One of the most highly publicized cases of CBD oil use, and one that suggests CBD oil can be safe for children, is the case of **Charlotte Figi**.

By the age of two, Charlotte had been diagnosed with Dravet syndrome, a form of epilepsy in which frequent and hard-to-treat seizures are the main symptom. By the age of five, Charlotte was severely disabled and having up to 300 grand mal seizures per day, an average of two every hour.

When Charlotte didn't respond to traditional medications, her parents decided to look into cannabinoids as a possible means to treat her epilepsy; they were introduced to two brothers who developed a cannabis strain which is high in CBD. In the first week of using this hemp oil to treat her epilepsy, Charlotte didn't have a single seizure.

Now, CBD oil is often recommended for treating epileptic conditions like Dravet syndrome and Lennox-Gastaut syndrome in children, and Charlotte's story is widely cited in the cannabis and medical communities alike.

CBD Oil for Pain

For children suffering from chronic pain conditions, including those undergoing the **rigors of chemotherapy**, CBD oil can be a powerful tool for **pain relief**.

One of the ways CBD oil relieves pain is through its interaction with the **body's endocannabinoid system**, particularly with **cannabinoid receptor 2 (CB2)**. CBD binds to CB2 receptors, which are located throughout the central nervous system, in such a way that regulates both pain and inflammation in the body.

CBD Oil for Attention-Deficit Hyperactivity Disorder (ADHD)

Shown to enhance concentration and cognition, reduce anxiety and result in a better night's sleep, **CBD oil may help combat the symptoms of ADHD** in children. The majority of current treatments for ADHD are stimulants, which can actually exacerbate anxiety and sleep disturbances, in turn amplifying the symptoms of ADHD. In some cases, CBD oil may provide a safer and more effective treatment plan for children with ADHD.

Can CBD Oil Help Your Child?

The evidence largely suggests CBD oil is a low-risk treatment option for adults and children alike, with the **World Health Organization** even stating:

“CBD does not produce the effects that are typically seen with cannabinoids such as THC. It also failed to produce significant effects in a human study of abuse potential... Across a number of controlled and open-label trials of the potential therapeutic effects of CBD, it is generally well tolerated, with a good safety profile.”

Ultimately, whether or not you decide that CBD oil is the right treatment option for your child may come down to the **cannabis laws in your state** and your child’s individual circumstances.

As with any treatment, particularly those involving children, it’s imperative you talk to your child’s pediatrician.

If you are looking for a second opinion or have questions about CBD oil your pediatrician can’t answer, you might also consider setting up a consultation with a **qualified medical professional**.

CBD Oil Dosage for Children

As the content and potency of CBD oil varies between products, and no two people metabolize CBD oil the same way, there is no universal dose that can be recommended.

Always consult the information leaflet provided with your CBD product, and when in doubt, seek professional advice. While it is not considered possible to overdose on CBD oil, you should take caution with dosages when it comes to children.

Remember, most dosage recommendations are created with adults in mind. A conversation with your doctor and/or the CBD oil product provider should help you find a dosage that’s safe and effective for your child.

You might also consider speaking with a doctor who specializes in natural, CBD-based treatment options.