



## How Chamomile Tea

## Helps Your Child



Promotes  
sleep quality



Alleviates digestive  
discomfort



Relieves stress



Promotes hydration



Reduces  
muscle pain



Helps treat fever



Reference:

1. The Hidden Health Benefits of Tea; PennMedicine



Mom Junction

Source: [https://www.momjunction.com/articles/is-chamomile-tea-safe-for-kids\\_00382391/](https://www.momjunction.com/articles/is-chamomile-tea-safe-for-kids_00382391/)