

Infants and Honey



WHY IS HONEY DANGEROUS FOR INFANTS?

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Honey is unsafe for infants under 12 months old. The Academy of Pediatrics recommends that infants do not consume honey or any products containing honey, including cereal, until after the child turns one.

Why is honey dangerous for infants?

Botulism, caused by the bacterium *Clostridium Botulinum*, is a rare but serious illness that can be found in honey. Even a tiny amount of honey may contain Botulism spores, which, when ingested, can produce a toxin resulting in Infant Botulism. Infants under six months old are at the highest risk due to their underdeveloped digestive systems. Unlike adults and older children, infants lack the digestive acidity needed to neutralize the toxin effectively.

What are the symptoms of Botulism?

Symptoms of botulism include weakness, poor muscle tone, poor feeding, decreased movement, lethargy, weak cry and trouble breathing. Symptoms typically show up within 12 – 36 hours (about 1 and a half days) after eating contaminated foods.

Is Botulism treatable?

Early detection and prompt emergency intervention can treat Botulism, but it may lead to a prolonged and life-threatening illness. If your infant has been exposed to honey, it's crucial to inform your healthcare provider, especially if they exhibit any signs of illness.



PEDIATRIC Urgent Care