

## Taking caffeine while pregnant could impact your child's life

---

Fiji Sun · 3 Nov 2022 · 31

---

Starting the day with a hot cup of caffeinated coffee or tea may sound divine to some, but it could have negative impacts for the children of people who are pregnant, according to a new study.



Children who were exposed to small amounts of caffeine before birth were found on average to be shorter than the children of people who did not consume caffeine while pregnant, according to the study published Monday in JAMA Network Open.

Children of parents who consumed caffeine while they were in the womb were shown to be shorter in stature at age 4 than those whose parents did not — and the gap widened each year through age 8, according to lead author Dr. Jessica Gleason, a perinatal epidemiologist.

“To be clear, these are not huge differences in height, but there are these small differences in height among the children of people who consumed caffeine during pregnancy,” said Gleason, who is a research fellow at Eunice Kennedy Shriver National Institute of Child Health and Human Development.