Who is exempt from fasting?

All those individuals who are in good health should observe the fast of Tish’a beAb.
Some exceptions are explained below.
PREGNANT AND NURSING WOMEN
As in Yom Kippur, pregnant and nursing women should observe this fast day. In cases of complicated pregnancies or physical weakness, or if the pregnant or nursing mother thinks the fast may affect her health or her baby’s health, she should consult her doctor before the fast day and proceed as recommended by her doctor. If during the fast a pregnant woman feels ill, especially if she is vomiting or has any symptoms of dehydration, she should break the fast and drink or eat immediately without consulting a doctor. However, slight dizziness and nausea that can be remedied by sitting or lying down on a bed are considered normal and do not justify breaking the fast.
YOLEDET
During the first 30 days after childbirth or a miscarriage, a woman is exempt from the 9th of Ab fast.
CHOLE SHEEN BO SAKANA
People with a chronic illness such as diabetes or patients on some medical treatment, or someone with a high fever or with any symptoms of dehydration should not observe the fast. In some cases, when it is not possible to fast for 24 hours, it is recommended to fast from dawn until the end of the day, as we do on the 17th of Tamuz or the 10th of Tebet.
ELDERLY
Elderly people should consult with their doctors to ensure that the fast does not affect their health. If the fast can affect their health, they are exempt (or prohibited) from fasting.
MINORS
In many Ashkenazi communities, children fast for a few hours during Tish’a beAb once they reach the age of nine because it is important to make them share the experience of national mourning.
According to Rabbi Obadia Yosef, however, the Sephardic custom is that boys under 13 and girls under 12 are totally exempt from fasting. His reasoning is that, unlike Yom Kippur, there

is no need for children to fast, because fasting on Yom Kippur is part of the process of Teshuba (= repentance, improving our behavior), but fasting on Tish'a beAb is mainly related to mourning the destruction of our Bet haMiqdash. And even though we obviously educate our children to do Teshuba, many Sages understood that we are not obliged to educate our children to mourn for the Temple before they have the formal obligation to do so (12 or 13 years, □□□□□□ □□□□ □□□). Why? Because we hope that B"H this will be the last year we cry for not having our Bet-haMiqdash, and that next year, mourning for the Bet haMiqdash will not be necessary.

HOW TO PROCEED WHEN ONE NEEDS TO EAT ON TISHA BEAB?

On Yom Kippur, when eating is allowed for health reasons, food should be eaten in small portions. But Tish'a beAb is different, because, unlike Yom Kippur, it is not a biblical fast. Therefore, when for compelling reasons one must eat on Tish'a beAb, one can eat normally. But obviously, in consideration of the mourning we are observing, one should not eat tasty meals or in excess, but only what is necessary to feel well