

PREGNANCY



AND MARIJUANA USE

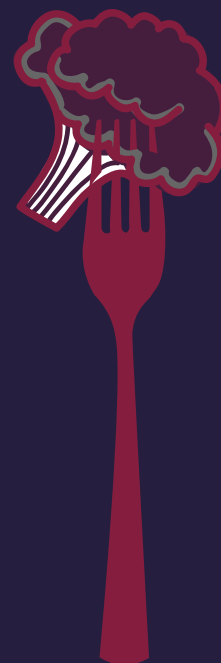
A Bundle of Joy Can Bring A Bundle of Questions

- There is no known safe amount of marijuana use while pregnant. No matter how it's used (smoked, eaten, etc), THC (the chemical that gets you "high") gets passed on to your baby.
- Secondhand marijuana smoke is also harmful because it has many of the same cancer-causing chemicals as tobacco smoke.



What Passes Through You Is Passed to Your Baby

- What you eat or smoke while pregnant reaches your baby. You know that eating vegetables can help your baby's development. In the same way, using marijuana can harm your baby. It may have a long-term impact on your child's ability to learn.
- If you are pregnant and have been using marijuana, talk to your healthcare provider to get the support you need to make the healthiest choice for you and your baby.



BREASTFEEDING



AND MARIJUANA USE

Marijuana Stays in Breast Milk For a Long Time

- If you use marijuana at all while breastfeeding, it gets passed to your baby. THC (the chemical that makes you "high") is stored in fat cells, which means it stays in your breast milk much longer.
- To avoid possibly harming your baby, don't use marijuana in any way (smoking, vaping, eating, etc.) while breastfeeding.



What Passes Through You Is Passed to Your Baby

- If THC gets into your breast milk, it can be passed to your baby, and may impact your baby's ability to learn later in life.
- Talk to your healthcare provider if you're breastfeeding and need help to stop using marijuana.
- Keep in mind marijuana infused products may contain harmful pesticides and neurotoxins.

