Marijuana, also called cannabis, is a strong drug with THC, which is not safe for babies.

Marijuana use during pregnancy and breastfeeding is not recommended. You should also try to avoid marijuana use before becoming pregnant.

Research is new and ongoing, caution is urged, and the only safe amount of THC is zero.

**TALK TO YOUR HEALTHCARE PROVIDER**

At your next prenatal visit, talk about your possible marijuana use. Being honest will help you get the best care for you and your baby.

- If necessary, ask for help to quit marijuana while you are pregnant or breastfeeding.
- Medical marijuana isn’t safer than recreational marijuana. There is no safe amount during pregnancy and breastfeeding.
- Learn about different ways to treat nausea and pain.
- Talk about any other medications you might be taking.

**FOR MORE INFORMATION:**

Call (805) 981-5115 or Toll Free (800) 781-4449 (press 2 then 1)

[www.mjfactcheck.org/pregnancy](http://www.mjfactcheck.org/pregnancy)

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3 ways marijuana may harm your baby

- While you’re pregnant
- When you’re breastfeeding
- Near your baby

WHILE YOU’RE PREGNANT
If you use marijuana in any form during pregnancy, your baby may have:
- Smaller birth size or prematurity
- Possible risk of stillbirth
- Delayed brain growth
- Slowed development
- More health problems

WHEN YOU’RE BREASTFEEDING
No matter how marijuana is used, the THC can be transmitted to breastmilk.
- Marijuana stays in breastmilk a long time.
- Infants who drink breastmilk that contains THC may have trouble nursing.
- Since your baby is still growing, brain development can be slowed.

NEAR YOUR BABY
Marijuana, like tobacco, should not be smoked or vaped by you or anyone near your baby.
- Secondhand smoke or vapor may enter your baby’s lungs.
- Inhaled THC may hurt your baby or other children.
- In addition to THC harms, asthma or breathing problems may develop.
- Nearby adults using marijuana may be impaired and put your baby at risk.

WHAT IS THC?
- THC is the strong ingredient in marijuana which may harm your baby.
- THC can reach your baby no matter what form you use.
- The amount and strength of THC in smoke, vapor, food, drinks, or lotions is unknown.

NO SAFE FORM
Marijuana comes in many forms. Cookies, candies, foods, drinks and other cannabis edibles are not safer for use than smoking.

Some newborns may have withdrawal symptoms like excessive crying and trembling.
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No safe time, No safe amount

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Clearing the smoke

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