



## Breastfeeding Support Program

# Pregnancy, Breastfeeding and Using Marijuana

**Using Marijuana (cannabis or THC) during your pregnancy or while you are breastfeeding may affect your baby's brain**

### Here are the facts:

THC is the active chemical in marijuana; it can be smoked or eaten. When a pregnant mother uses THC, it goes into the baby's body and brain. In your placenta and baby's brain there are THC receptors – places that the THC attaches. This could affect the way your placenta nourishes your baby. Also, during pregnancy a baby's brain is growing very fast and we think THC changes the way your baby's brain develops.

Mothers who use THC during pregnancy run a higher risk of having a stillborn baby, a premature baby, or a baby who is smaller than normal. Children who are exposed to THC during pregnancy may have more problems in school and may have poor attention. We do not know if there is a safe time to use THC during pregnancy.

### Marijuana and Breastfeeding:

When a mother uses THC, it gets into her milk. This THC will get into the baby's body and brain. There is concern that this may affect the rapidly growing baby brain. Using THC may also affect the way a mother cares for her baby.

### Our Recommendations:

- Don't use THC during your pregnancy
- Keep your baby away from marijuana smoke (they can breathe it in)
- Do not use THC when you are breastfeeding
- Don't stop breastfeeding (It is important for the health of your baby)
- If you do use THC or expose your baby to an environment where others are using THC, be sure that someone else is available to take care of your baby