

MARIJUANA AND YOUR BABY



CLEARING THE SMOKE ON MARIJUANA USE DURING PREGNANCY

IS POT SAFE?

Discussions about the legalization and medical use of marijuana can be confusing. Some people claim that pot provides natural relief for nausea and pain. However, studies show that using pot in pregnancy and around your baby can be harmful.

MAKE AN INFORMED DECISION. LEARN THE FACTS ABOUT MARIJUANA AND YOUR BABY.

MARIJUANA IS HARMFUL...

- 1 During Pregnancy**
 - 2 While Breastfeeding**
 - 3 Around Your Baby**
 - 4 While Caring for Your Baby**
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DURING PREGNANCY NO SAFE TIME, NO SAFE AMOUNT

There is no known safe level of marijuana use during your pregnancy. Risks may include: premature birth, low birth weight, and increased risk of stillbirth. Your baby may experience withdrawal symptoms such as excessive crying, tremors and difficulties sleeping. Pot contains THC, the active ingredient that makes you feel high. The THC targets your baby's fat cells and brain. This can harm your baby's brain development. Brain growth during pregnancy is really important for your baby's future.

Some people who use pot develop an intolerance to it. This can cause severe abdominal pain and vomiting. This pain can often be relieved with hot showers. It will stop only when all pot use stops. This is called cannabinoid hyperemesis.

CARING FOR YOUR BABY

Marijuana should not be used while parenting.

Marijuana use makes it harder for you to understand and respond to your baby's cues and provide a healthy and safe environment for your baby.

WHILE BREASTFEEDING NO SAFE TIME, NO SAFE AMOUNT

It is not safe to use any amount of pot while breastfeeding, since your baby's brain and body will store THC for long periods of time. Pot you use concentrates in your breast milk and babies cannot break down the THC in their body.

Marijuana can affect the amount and quality of the breast milk you produce. The pot in your breast milk can lead to your baby being drowsy, having less energy, and having a weak latch. This continues to have a negative impact on your baby's brain development.

AROUND YOUR BABY

Marijuana should not be smoked by you or anyone near your baby.

Smoking pot around your baby will not only continue to affect your baby's brain development but could also result in asthma and breathing problems.

RISKS TO YOUR CHILD'S HEALTH AND DEVELOPMENT IF POT IS USED DURING PREGNANCY



18 MONTHS

Increased aggressive behaviour
 Difficulties paying attention
 Sleeping difficulties



3-6 YEARS

Difficulties with:
 Learning at school
 Paying attention
 Memory
 Judgment, reasoning, problem solving and decision making skills
 Speech and language



9-10 YEARS

Hyperactivity and impulse control
 Depressive and anxious symptoms
 Difficulty with reading, spelling and problem solving



14-16 YEARS

Increased symptoms of depression and anxiety
 Early substance use
 Getting into trouble with the law



17-22 YEARS

Higher rates of smoking and substance use
 Getting into trouble with the law
 Difficulty with impulse control and problem solving



YOUR BABY'S BRAIN MAY NOT REACH ITS FULL POTENTIAL IF YOU USE POT

WE ARE HERE TO HELP

Don't be afraid to talk with your health care provider. Being honest will help them provide the best care for you and your baby.

WHO CAN HELP?

Fourcast Addiction Services
 705-876-1292
 1-800-461-1909

If you are a patient at Partners in Pregnancy Clinic, Social Work support is available
 705-741-1191



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**ANY TIME IS A GOOD TIME TO QUIT
 ASK FOR HELP**

SOURCES & MORE INFORMATION

- Academy of Breastfeeding Medicine Guideline "Guidelines for Breastfeeding and Substance Use or Substance Use Disorder" www.bfmed.org
- Infant Risk Centre "Effects of Marijuana on the Fetus and Breastfeeding Infants" www.infantrisk.com
- Omama.ca
- Canadian Centre on Substance Abuse: "Clearing the Smoke on Cannabis"
- Colorado Department of Public Health and Environment: "Marijuana Pregnancy and Breastfeeding Guidance" and "Marijuana and your Baby"
- Chatham-Kent Public Health: "Marijuana and your Baby"
- March of Dimes: "Marijuana and Pregnancy"
- Mother to Baby by the Organizations of Teratology Information Specialists: "Marijuana and Pregnancy"
- Ottawa Public Health: "Marijuana and Pregnancy"
- Ventura County Public Health: Pamphlet "Marijuana and Pregnancy"