



Cannabis and Pregnancy



Cannabis use during pregnancy can be harmful to you and your baby's health. This is true no matter how you use it. This includes smoking, vaping, dabbing, eating, drinking or applying infused lotions.



It is recommended that women **do not** use cannabis while pregnant.

The chemicals in cannabis can pass through your system to your baby.



Using cannabis during pregnancy may affect your baby's development and put you at risk from complications. Some of which include:

- Preterm birth
- Low birth weight
- Abnormal brain development



If you are pregnant or planning to become pregnant and are using cannabis for pain, nausea or discomfort, talk to your healthcare provider for safe, doctor-approved alternatives.

Contact Us!



Public Health
Prevent. Promote. Protect.

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Cannabis and Breastfeeding

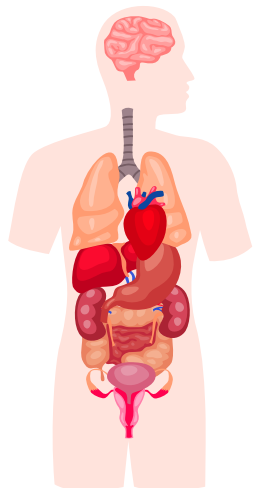


Using cannabis while breastfeeding can allow chemicals harmful to the baby to pass to the infant from the mother through breast milk.

These chemicals have the potential to affect the newborn's development.



To limit potential risk to your baby, it is recommended you **should not** use any cannabis products, including CBD, while breastfeeding.



THC (the main active component of cannabis) is stored in body fat and slowly released over time.

This means that your baby could be exposed to an unknown amount and for an extended period of time.



If a breastfeeding mother continues use of cannabis she should be encouraged to significantly reduce her intake.



Be aware that cannabis use may impair a mother's or other caregiver's judgement and ability to care for a baby.

Minimize secondhand smoke exposure by not smoking cannabis near babies and children.



Current data on the effects of cannabis exposure to infants through breast milk are limited and more research is needed.