

# CANNABIS USE WHILE BREASTFEEDING

Learn how cannabis use can affect breastfeeding women and their babies.

To learn more, talk to your medical provider or call MotherToBaby at 866-626-6847.

Baby gets breast milk.



This gets in baby's breast milk.

If THC (Tetrahydrocannabinol, the chemical that makes you “high”) gets into your breast milk, it can be passed to your baby, and may impact your baby’s ability to learn later in life.

Cannabis may also contain pesticides or other chemicals.

Talk to your medical provider if you’re breastfeeding and need help to stop using cannabis. Your treatment is confidential and nonjudgmental.

If you use cannabis while breastfeeding, it gets passed to your baby. THC is stored in fat cells. It stays in your breast milk longer than alcohol.



If you use cannabis as medicine, talk to your medical provider about alternative treatments.

Cannabis is legal but there is no proof that it is safe while breastfeeding. The American Academy of Pediatrics recommends that women not use cannabis while breastfeeding.

**opendoor**  
Community Health Centers



**NCHIN** North Coast Health Improvement and Information Network



**St. Joseph Health**  
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# CANNABIS USE WHILE PREGNANT

Learn how cannabis use can affect pregnant women and their babies.

To learn more, talk to your medical provider or call MotherToBaby at 866-626-6847.

Brings you  
a bundle  
of joy.



Brings on  
a bundle  
of questions.



There is no known safe amount of cannabis use while pregnant. That's because no matter how it's used (smoked, eaten, etc.), THC (Tetrahydrocannabinol, the chemical that makes you "high") gets passed to your baby.

Secondhand smoke from cannabis can also be harmful because it has many of the same cancer-causing chemicals as tobacco smoke.

The American College of Obstetricians and Gynecologists advises that women not use cannabis while pregnant.

Passes  
through  
to  
baby.



Passes  
through  
to  
baby.

What you eat or smoke while pregnant can reach your baby. You're probably aware that eating vegetables can help your baby's development. And in the same way, using cannabis 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 cannabis, talk to your medical provider to get the support you need to make the healthiest choice. Treatment is confidential and nonjudgmental.

Adapted from the State of Colorado's "Good to Know" campaign.