



# MARIJUANA-FREE MAMA

## FOR A HEALTHY BABY FROM INFANCY TO ADULTHOOD

### During Pregnancy

Some research shows that using marijuana while you are pregnant can cause health problems in newborns, including low birthweight and developmental problems.

The chemicals in marijuana (in particular, tetrahydro-cannabinol or THC) pass through the placenta from your system into your baby's system.

### Nursing Babies

Chemicals from marijuana can be passed to your infant through breastmilk. Data on the effects of marijuana exposure through breastfeeding are limited and conflicting. However, to limit potential risks to infants, breastfeeding moms should reduce or avoid marijuana use.



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### Toddlers to Adulthood

Research shows marijuana use during pregnancy may make it difficult for your child to pay attention or learn. These issues may only become noticeable as your child grows older.



### Need Help?

Ask your health care provider for a referral to counseling or treatment.

### More information:

Planning for Pregnancy

<https://www.cdc.gov/preconception/planning.html>

Marijuana Use and Pregnancy

<https://www.cdc.gov/cannabis/health-effects/pregnancy.html>

Mother-to-Baby Fact Sheet: Marijuana

<https://mothertobaby.org/fact-sheets/marijuana-pregnancy/>

This document may be translated in language of client's choice.

**Vapes and Edibles.** The chemicals in any form of marijuana may be bad for your baby. This includes vapes and edible marijuana products, such as cookies, brownies, or candies.

# MARIJUANA-FREE HOME

FOR INFANTS, TODDLERS, CHILDREN, AND ALL HOUSEHOLD MEMBERS



## Get Help

If your child shows problems with breathing, sitting up, standing, or walking after deliberate or accidental exposure to marijuana, call 911 or go to an emergency room immediately.



## Consider the Risks...

**Second-hand smoke:** Your infant inhales second hand smoke containing THC and other harmful substances.

**Third-hand smoke:** Your infant comes into contact with ash and other residues on clothing, furniture, bedding, and bath linens.

**Edibles:** Toddlers and even children may not be able to distinguish between marijuana edibles and other sugary treats.



## Protect your Child

- ▶ Don't use marijuana during pregnancy.
  - ▶ If you do use marijuana, don't breastfeed your child until you've consulted with your doctor.
  - ▶ Don't use marijuana while you are responsible for your child. Make sure someone sober is present.
  - ▶ Do not sleep with your child if you have used marijuana.
- Keep all marijuana products locked up and away from children.

## More information:

Put your medicines up and away and out of sight

<https://www.upandaway.org/>

Marijuana safety in the home

<https://www.childrenscolorado.org/conditions-and-advice/marijuana-what-parents-need-to-know/safety/>

