



# Cannabis use in Pregnancy and Breastfeeding for a healthy baby from infancy to adulthood

## Cannabis During Pregnancy

Researchers are still learning about the effects of cannabis during pregnancy. Studies show that cannabis (marijuana) use during pregnancy may be harmful to baby's health and can cause problems like:

Low birth weight

Poor brain development

Stillbirth

Preterm delivery

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



## Cannabis for Morning Sickness

Cannabis may temporarily improve symptoms of morning sickness, but sometimes, it will lead to worsening nausea that lasts the whole pregnancy and is severe enough to cause women to go to the emergency room. There are more effective medications that do not have the long-term risks that cannabis has.

## Cannabis while Nursing

Chemicals from cannabis can be passed to your baby through breast milk. Little is known about the effects of cannabis on breastfed babies. To limit the potential risks to your baby, cannabis use while nursing should be avoided.

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

## Cannabis: Toddlers to Adulthood

Scientists are still learning about the effects of cannabis on a developing brain. Studies suggest that cannabis use by mothers during pregnancy impacts the child's attention, memory, problem-solving skills and behavior later in life. Learning or paying attention may be hard for the child as they grow.



## Need Help?

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

## More Information:

Planning for Pregnancy  
Cannabis Use and  
Pregnancy Mother-to-Baby  
Fact Sheet: Cannabis

[https://mothertobaby.org/  
pregnancy-breastfeeding-  
exposures/cannabis/](https://mothertobaby.org/pregnancy-breastfeeding-exposures/cannabis/)

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



**NMHealth**

## Safely Storing Cannabis

As the popularity of edibles grows, it has become more common for kids to accidentally consume cannabis. Edibles are foods (usually baked goods or candy) that contain cannabis. They often look exactly like regular cookies, brownies, chocolate or gummies. If you keep cannabis edibles in your home, find a secure place to keep them.

Just like any drug, medication or household chemical, cannabis and edibles must be kept secure and out of reach. It is best to keep your cannabis in the original, child-resistant packing and locked in containers or cabinets.

## Edibles

Toddlers and even children may not be able to distinguish between cannabis edibles and other sugary treats.



# Cannabis use at home for infants, toddlers, children, and all household members

## Dangers of Cannabis

**Smoke** Smoke from cannabis has many of the same toxic and cancer-causing chemicals found in tobacco smoke and contains some of those chemicals in higher amounts.



### Second-hand cannabis

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



### Third-hand cannabis smoke:

Your infant comes into contact with ash and other residues on clothing, furniture, bedding, and bath linens.

### Protect your child



- Don't use cannabis during pregnancy.
- If you do use cannabis, don't breastfeed your child until you've consulted with your doctor.
- Don't use cannabis while you are responsible for your child. Make sure someone sober is present.
- Do not sleep with your child if you have used cannabis.
- Keep all cannabis products locked up and away from children.
- **NM Poison Hotline-1-800-222-1222- available 24/7**

## Get Help

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

## More information:

Put your medicines up and away and out of sight

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

Cannabis safety in the home:

<https://www.rld.nm.gov/cannabis/cannabis-in-new-mexico/cannabis-health-awareness/>

