

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 use during pregnancy may be harmful to a baby's health and can cause problems like:

- Low birth weight
- Preterm delivery
- Stillbirth
- Poor brain development

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



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.

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.

CANNABIS VAPES AND EDIBLES

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

CANNABIS FOR MORNING SICKNESS

There is no evidence that suggests cannabis is helpful for morning sickness. If you are experiencing morning sickness, talk with your medical provider about other options.

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/marijuana/factsheets/pregnancy.htm>
Mother-to-Baby Fact Sheet: Marijuana - <https://mothertobaby.org/fact-sheets/marijuanapregnancy/>



New Mexico Cannabis Control Division
RLD.nm.gov/cannabis
1209 Camino Carlos Rey
Santa Fe, NM 87507
(505) 476-4995



Cannabis Use at Home

for infants, toddlers, children, and all household members



SAFELY STORING CANNABIS

As the popularity of edibles grows, it has become more common for kids to accidentally consume cannabis. Edibles are foods, beverages, or any cannabis product that can be ingested orally and contains cannabis. They may look similar to non-cannabis-infused foods or beverages. 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 packaging and locked in containers or cabinets.



EDIBLES

Toddlers and even children may not be able to distinguish between cannabis edibles and non-cannabis-infused foods and beverages.

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.

Secondhand cannabis smoke: Your infant may be exposed to secondhand cannabis smoke when someone is smoking cannabis in close proximity to your child.

Thirdhand cannabis smoke: Your infant may be exposed to harmful chemicals when coming 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 alongside your child if you have used cannabis.
- Keep all cannabis products locked up and away from children.

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

Marijuana safety in the home - <https://www.childrenscolorado.org/conditions-and-advice/marijuana-what-parents-need-to-know/safety/>
Put your medicines up and away and out of sight - <https://www.upandaway.org/>



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