

# Marijuana & Pregnancy



*Clearing  
the smoke*

# *No safe time, No safe amount*

Marijuana should be avoided during pregnancy. There is no known safe amount of marijuana use during pregnancy. Just because it's "natural" doesn't mean that it's "safe."



# 3 Ways Marijuana may Harm your Baby

- During pregnancy
- While breastfeeding
- Exposure to marijuana smoke

## Risks to your Baby's Health

If you use marijuana during pregnancy your baby may be at risk for the following problems:

- Lower IQ (intelligence)
- Poorer speech and motor skills
- Shorter attention span
- Delayed growth
- Asthma and breathing problems



*Newborns may have withdrawal symptoms like excessive crying and trembling.*

## When you're Pregnant

Besides the risks listed on the left:

- Side effects like anxiety and sleep problems can affect your health and your baby's health during pregnancy.
- It may lead to low birth weight and prematurity, which can cause serious problems for your baby.

## When you're Breastfeeding

Marijuana should not be used by nursing mothers. It is passed into your breast milk and can lead to your baby being less alert, having weak suck, and feeding poorly.

## Around your Baby

Marijuana should not be smoked by you or anyone near your baby.

- Infants can inhale any smoke around them.
- Babies exposed to marijuana can get asthma and breathing problems.
- Side effects like forgetfulness or slow reaction times may put your baby at risk.



# *Talk with your Healthcare Provider*

- At your first prenatal visit, talk about any marijuana use. Being honest with your healthcare providers will help them give the best care for you and your baby.
- Marijuana may interact with other medications.
- Medicinal marijuana isn't any safer than other marijuana use. There is no known safe amount of any marijuana use during pregnancy.
- Talk about different ways to treat nausea and pain.

**For more information:  
call (805) 981-5115 or  
Toll Free (800) 781-4449 (press 2 then 1)  
[VenturaCountyLimits.org/healthybaby](http://VenturaCountyLimits.org/healthybaby)**



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