

RESOURCES FOR YOU

- National Parent Helpline: 1-855-4A-PARENT or 1-855-427-2736
- Learn how to talk to your kids about substance use at: TalkSooner.org
- Find local recovery resources at: www.mirecovery.info

For questions about this resource or more information, contact:

The Leeward Initiative

(231) 316-8567

theleewardinitiative@gmail.com

Find us
online!



**Call 911 right
away if your child
accidentally ingests
marijuana.**

REFERENCES

- American Academy of Pediatrics:
<https://goo.gl/i8fEr9>
- American College of Obstetricians and Gynecologists: <https://goo.gl/eRvuid>
- Academy of Breastfeeding Medicine:
<https://goo.gl/hnNTFd>
- Good to Know Colorado:
www.goodtoknowcolorado.com
- Michigan's Marijuana Laws:
www.legislature.mi.gov/
www.michigan.gov/LARA



COLORADO
Department of Public
Health & Environment



This publication is supported by a grant from the Michigan Department of Health and Human Services/Bureau of Community Based Services, Office of Recovery Oriented Systems of Care through the Lakeshore Regional Entity (LRE). Its content was adapted from a resource provided by the Colorado Department of Public Health and Environment (CDPHE) for The Leeward Initiative coalition, and does not necessarily represent the views of the MDHHS/OROSC or LRE. Recipients of SA services have rights protected by state and federal law and promulgated rules. For more information contact the Office of Recipient Rights, 5000 Hakes Drive, Muskegon, MI 49442.

Revised 12/13/2017 KM

MARIJUANA

AND YOUR BABY

Marijuana is legal in Michigan for medical use. But this doesn't mean it is safe for pregnant or breastfeeding moms and their babies.

There is no known safe amount of marijuana use during pregnancy.

**KNOW
THE
FACTS.**



2017-2018

MARIJUANA & PREGNANCY

Using marijuana during pregnancy may harm your baby.

- THC (the main chemical in marijuana) passes through the placenta to your baby.
- This can decrease the amount of oxygen and nutrients your baby gets, affecting your baby's growth.
- It also puts your baby at risk for premature birth and low birth weight
- Using marijuana during pregnancy can also affect your child's behavior, learning, and short-term memory as they get older.

Hospitals test you for drugs after giving birth. If you test positive for marijuana (whether you used recreationally or for medical reasons), Michigan law states that Child Protective Services must be notified.



Why take the risk? Talk to your doctor if you are pregnant or breastfeeding and need help to stop using marijuana, or if you use marijuana for medical reasons. There are other options to treat medical problems that are safer for you and your baby.

MARIJUANA & BREASTFEEDING



Mothers who are breastfeeding their babies should not use marijuana.

- THC in marijuana gets into breastmilk and may harm your baby.
- THC is stored in body fat and stays in your body for a long time. Because your baby's brain and body are made up of a **lot** of fat, they store THC for a long time.
- "Pumping and dumping" your breastmilk after using marijuana does not work the same way it does with alcohol.

Breastfeeding has many health benefits for both baby and mom. **Talk to your doctor right away if you are breastfeeding and need help to stop using marijuana.**

MARIJUANA FAQs

Is smoking marijuana bad for my baby?

- **Yes.** Marijuana smoke has many of the same chemicals as tobacco smoke, some of which can cause cancer.

What if I use marijuana without smoking it?

- **THC in any form is bad for your baby.** Smokeless forms of marijuana (like edible or vaped products) still contain THC, which affects your baby's brain.

What else should I know to keep my baby safe?

- If someone in your home uses medical marijuana **make sure that it is stored in a locked area and out of reach from children.** If your child accidentally eats marijuana, **call 911** or go to an emergency room right away.