



CANNABIS AND NEW OR EXPECTING MOMS

Weed can affect a baby's health and development. Anyone who is pregnant or breastfeeding, or who plans to become pregnant soon should not use any amount of cannabis.

WHY CANNABIS AFFECTS YOUR BABY

THC, the active ingredient in cannabis (marijuana, hashish, weed, pot, edibles, etc.), is stored in body fat. Babies' brains and bodies are made with a lot of fat.¹ If you use marijuana while pregnant, the THC you consume will remain with your baby longer and in higher concentrations than anywhere else in your body.

THC CAN REACH YOUR BABY IN 3 WAYS



THROUGH YOUR BLOODSTREAM AND INTO THE PLACENTA (THE ORGAN THAT FEEDS YOUR BABY DURING PREGNANCY)^{2,3}



THC IN BREAST MILK^{4,5}

- THC is slowly released in the body over several weeks,⁶ so it stays in your breast milk for longer than alcohol.
- The concentration of THC in your breast milk can be up to 8 times stronger than what's in your blood.⁷
- For these reasons, "pumping and dumping" does not work with weed.



SECONDHAND SMOKE THAT ENTERS YOUR BABY'S LUNGS^{8,9}

- Like tobacco smoke, cannabis smoke lowers oxygen levels, introduces toxins into the system, and harms your lungs.^{10,11}

Ask your doctor any questions you have about cannabis as a new mom.

CANNABIS CAN BE BAD FOR YOU AND YOUR BABY

If you are pregnant, leading doctors' organizations such as the American College of Obstetricians¹⁰ and Gynecologists and the American Academy of Pediatrics¹¹ recommend that you:

DISCONTINUE USE OF CANNABIS

If you already use cannabis for medicinal purposes, talk to your doctor about safer alternatives for your baby.

Research shows that if you use cannabis while you are pregnant or breastfeeding:

- Your baby may be born with a lower birth weight.^{14,15}
- A low birth weight baby is more likely to have health problems, especially in the first year of life.¹⁶
- The growth and development of your baby's brain can be harmed,^{17,18} causing gaps in their problem-solving skills, memory, and the ability to remain attentive.
- There is a 2.3 times greater risk of stillbirth.¹⁹

To learn how to protect older kids from cannabis, visit letstalkcannabisIL.com/parents.

If you have additional questions regarding non-medical marijuana use in Illinois, please email letstalkcannabisIL@prevention.org.



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