

MARIJUANA AND YOUR BABY

Marijuana is a DRUG

Marijuana is illegal in the State of Connecticut

There is no known safe amount of marijuana use during pregnancy

You should not use marijuana while you are pregnant, just like you should not use alcohol and tobacco

Tetrahydrocannabinol (THC) is the chemical in marijuana that makes you feel “high”.

Using marijuana while you are pregnant passes THC to your baby.

KNOW THE FACTS

Marijuana and Pregnancy	IS SMOKING MARIJUANA BAD FOR MY BABY?
<p>Use of marijuana during pregnancy puts your baby at risk for preterm birth, stillbirth, delayed growth, congenital defects, and problems with the nervous system.</p> <p>Using marijuana while pregnant may harm your baby. Marijuana that passes to your baby during pregnancy may make it hard for your child to pay attention and learn, especially as your child grows older. This would make it harder for your child to do well in school.</p> <p>Hospitals may test babies after birth for drugs. If your baby tests positive for THC at birth, Connecticut law says Department of Children and Families must be notified. Talk to your doctor early in your pregnancy about any marijuana use.</p>	<p>Yes, breathing marijuana smoke is bad for you and your baby. Marijuana smoke has many of the same chemicals as tobacco smoke. Some of these chemicals can cause cancer. Do not allow anyone to smoke in your home or around your baby.</p>
Marijuana and Breastfeeding	WHAT IF I USE MARIJUANA WITHOUT SMOKING IT?
<p>The American Academy of Pediatrics says that mothers who are breastfeeding should not use marijuana.</p> <p>Breastfeeding has many health benefits for both the baby and the mother. But THC in marijuana gets into breast milk and may affect your baby.</p> <p>Because THC is stored in body fat, it stays in your body for a long time. A baby’s brain and body are made with a lot of fat. Since your baby’s brain and body may store THC for a long time, you should not be using marijuana while you are pregnant and breastfeeding.</p> <p>Breast milk also contains a lot of fat. This means that “pumping and dumping” your breast milk may not work the same way it does with alcohol. Alcohol is not stored in fat, so it leaves your body faster.</p>	<p>THC in any form of marijuana may be bad for your baby. Some people think that using a vape pen or eating marijuana (like cookies or brownies) is safer than smoking marijuana. Even though these forms do not have harmful smoke, they still contain THC.</p>

Talk to your provider if you are pregnant or breastfeeding and need HELP to stop using marijuana. OR call “211” for family resources.

<p>HOW CAN I STORE MEDICAL MARIJUANA SAFELY</p>	<p><i>MYTH: Marijuana is safe to use while pregnant or breastfeeding.</i></p>
<p>Store all marijuana products in a locked area. Make sure your children cannot see or reach the locked area. Keep marijuana in the child-resistant packaging from store.</p>	<p><i>FACT:</i> You cannot eat or use some foods and medicines while pregnant or breastfeeding. This is because they might harm the baby. This includes marijuana.</p>
<p>WHAT HAPPENS IF MY CHILD EATS OR DRINKS MARIJUANA BY ACCIDENT?</p>	<p><i>MYTH: Since it is natural, it must be safe.</i></p>
<p>Marijuana can make children very sick. Look for problems walking or sitting up, starting to be sleepy or having a hard time breathing. If you are worried, call the poison control hotline as soon as possible. Calling is free and you will be helped quickly: 1-800-222-1222 If symptoms seem bad, call 911 or go to an Emergency Room right away.</p>	<p><i>FACT:</i> Not all natural substances or plants are safe. Tobacco and poisonous berries are great examples.</p>
<p>WHAT ELSE SHOULD I KNOW TO KEEP MY BABY SAFE?</p>	<p><i>MYTH: Since some people use Marijuana as a medicine, it must be safe.</i></p>
<p>Being high or buzzed while doing some activities can be risky.</p> <p>Being high while caring for a baby is not safe. Do not let anyone who is high take care of your baby.</p> <p>Some marijuana can make people feel very sleepy when they are high. Marijuana can make you sleep more deeply. It is not safe for your baby to sleep with you, especially if you are high.</p> <p>If you plan to use marijuana, make sure there is another person who can safely care for your baby.</p> <p>It is not safe to drive a car while high. Do not let your baby ride in a car if the driver is high.</p>	<p><i>FACT:</i> Marijuana can be recommended by a doctor in special cases. A doctor decides whether the benefits are greater than the risks. It is unsafe to use any medicines while pregnant or breastfeeding that are not recommended by a doctor. This includes marijuana. Talk to your doctor about safe choices that do not risk harming your baby.</p>
<p>RESOURCES</p>	<p>Sources</p>
<p>Be sure you know Connecticut’s marijuana laws.</p> <p>Go to www.ct.gov for family resources and more information.</p> <p>Call “211” for free to connect to statewide resources for families with concerns, including substance abuse.</p> <p>Learn how to talk to your kids about substance abuse at: www.drugabuse.gov</p>	<p>ACOG Committee Opinion on Marijuana use During Pregnancy and Lactation (October 2017)</p> <p>American Academy of Pediatrics, Marijuana Use During Pregnancy and Breastfeeding: Implications for Neonatal and Childhood Outcomes (September 2018)</p> <p>Colorado DPH, Marijuana Pregnancy & Breastfeeding Guidance (June 2017)</p>