

## RESOURCES

If your child eats or drinks marijuana by accident, call the poison control hotline as soon as possible. If symptoms seem bad, call 911 or go to an emergency room right away.

**Poison Control: 800-222-1222**

**Oregon laws: <http://whatslegaloregon.com/>**

**Call 211 to connect to health and social services.**

**Linn County Drug and Alcohol:  
541-967-3819**

**Benton County Drug and Alcohol:  
541-766-6835**

**Lincoln County Drug and Alcohol :  
541-265-4179**

When reading information online, make sure that the website is from a reliable source like research hospitals or universities.



<sup>TM</sup> The Oregon marijuana universal symbol means a product contains marijuana and should be kept in its original packaging, out of the reach of children.

# MARIJUANA AND YOUR BABY

Information about marijuana use during pregnancy, breastfeeding and while caring for children.



In Partnership with:  
Universal Prenatal Screening Program  
and InterCommunity Health Network CCO



## MARIJUANA AND PREGNANCY

THC is the chemical in marijuana that makes you feel “high.” Using marijuana while you are pregnant passes this chemical to your baby through your placenta. There are many other chemicals in marijuana that could potentially harm your baby.

- THC is stored in body fat and stays in your body for a long time. It may also stay in your baby’s body for a long time.
- There is no known safe amount of marijuana use during pregnancy.
- Using a vape pen or eating marijuana is not known to be any safer than smoking marijuana.
- Using marijuana, at any time and in any form, during pregnancy can harm your baby. It can cause premature birth and low birth weight.
- There is research linking marijuana use during pregnancy with difficulties in learning and attention for the baby later in life.

- Being legal does not mean that marijuana is safe for pregnant or breastfeeding women and their babies.

Talk with your doctor if you are thinking about becoming pregnant, are pregnant or breastfeeding and need help to stop using marijuana.

If you are using marijuana to treat a medical issue (nausea, anxiety, depression, sleep problems, etc.) please talk with your prenatal health care provider about the use of other treatments for medical issues during pregnancy and while breastfeeding.

## MARIJUANA AND BREASTFEEDING

Breastfeeding has many health benefits for you and your baby. Your breast milk needs to be as safe as possible for the health of your baby.

- Unlike alcohol, “pumping and dumping” your breast milk after marijuana use will not work. THC is stored in body fat, including the fat in breastmilk.
- How much and how long the different chemicals from marijuana stay in your body is different for each person. The strength of the marijuana product, the amount you use, how often you use it and your own body’s metabolism make the difference.
- Marijuana amounts in your breast milk can be higher than that in your blood.

Marijuana use during breastfeeding may cause problems with milk production and a decrease in your baby’s sucking reflex.

## CHILD SAFETY

- Even small amounts of marijuana can make children very sick.
- Store all marijuana products in a locked area that your children cannot see or reach.
- If you grow marijuana, it should be locked in a way that children cannot get to it.

## PARENTING SAFELY

Being high or buzzed while caring for a baby is not safe. Do not let anyone who is high take care of your baby.

Some marijuana can make people very sleepy when they are high. It is not safe to sleep with your baby while you are high. After having a baby, you may be tired and using marijuana may further lower your awareness. If something were to happen to your baby, you may have a difficult time responding appropriately.

It is not safe to drive a car while high. Do not let your baby ride in a car if the driver is high.

Second-hand smoke, either tobacco or marijuana, is not safe. Do not allow anyone to smoke in your home or around your baby.

