

# 5 Things to Know

## about marijuana use while pregnant or breastfeeding

Pregnancy and breastfeeding can be exciting and full of learning experiences for new moms. No two women have the same experience. Here are five things new moms should know about using marijuana.

To learn more, visit [LearnAboutMarijuanaWA.org](http://LearnAboutMarijuanaWA.org)

1



There are safer ways to manage pregnancy discomforts.

Morning sickness, stress, pain, and nausea can cause discomfort. If you have any of these symptoms, there are ways to manage them that don't harm your baby. Talk to your primary care provider for safer alternatives.

2



The chemical in marijuana that makes you feel “high” can transfer to your baby.

The active ingredient in marijuana, THC, can pass to your baby during pregnancy and breastfeeding. This can happen no matter how you use marijuana. Babies exposed to THC can have problems with feeding, paying attention, and learning. You may not see some effects until your child is older.

3



Smoking and storing marijuana in the home has risks.

Protect your children from secondhand smoke by only smoking outside, washing your hands, and changing clothes afterwards because smoke can linger. If you have marijuana products in your home, be sure to keep them locked up and out of reach of your children.

4



Marijuana can affect your ability to protect your baby.

Marijuana can impair your judgment, alertness, and reaction time. You need these skills to drive safely and tend to your baby's needs.

5



“Natural” does not mean safe.

Marijuana has health risks for you and your baby. Just because it is a plant, does not mean it is safe to use while pregnant or breastfeeding.

For help quitting marijuana, call  
**Washington Recovery Helpline: (866) 789-1511**

For people with disabilities, this document is available on request in other formats.  
To submit a request, please call 1-800-525-0127 (TDD/TTY call 711).



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