

MARIJUANA INFORMATION FOR MOTHERS

Use of marijuana during and after pregnancy may pose risks to both the mother and baby.

Make the safest choice for your child and choose not to use marijuana while pregnant or breastfeeding.

Although Maine has legalized marijuana for adult use, just like alcohol and tobacco, research indicates it is unsafe for pregnant or breastfeeding mothers to use marijuana. Using marijuana while pregnant or breastfeeding passes THC to the baby. THC is the chemical in marijuana which makes people feel “high.”



Breastfeeding has many health benefits for both the baby and the mother. However, THC consumed by the mother enters her breastmilk and can be passed to baby. THC has been found in breastmilk up to six days after use.

Some people think using marijuana in a vape pen or eating marijuana is safer than smoking marijuana.



Marijuana in any form may be harmful. There is no scientific evidence to show that marijuana helps manage morning sickness or that it is safe to use during pregnancy.

Babies born to mothers who use marijuana during pregnancy or while breastfeeding are more likely to:

- have higher risk of stillbirth
- be underweight
- have problems with newborn brain development (which may result in hyperactivity, poor function or other consequences)
- have decreased attention span & behavioral problems
- score lower on tests of visual problem solving, visual motor coordination & visual analysis
- start using substances earlier in life

Pregnant and breastfeeding women should talk to their healthcare provider about the potential adverse health effects of marijuana use on their baby.

For more resources visit: <https://goodtoknowmaine.com/>



Maine Center for Disease Control & Prevention
Department of Health and Human Services

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