BREASTFEEDING AND MARIJUANA

RESEARCH
• There is little research on the impact of marijuana use in breastfeeding.
• Current research is conflicting.
• Reducing or stopping use is recommended.

POTENTIAL IMPACT ON BABY:
• Slow growth
• Poor muscle tone
• Poor suck reflex
• Developmental delay
• Increased risk of SUDI

GOOD TO KNOW
• THC from marijuana is fat soluble (sticks around in fat) and stays in the breastmilk and in the baby's body for many days.
• Some research has showed some worrying effects for babies.
• More research is needed for us to be clear of the risks.
• In the meantime, it is recommended that breastfeeding parents don't use marijuana.

RECOMMENDATIONS
• Limit or discontinue use to ensure baby's safety.
• Ensure someone who is not impacted by drugs or alcohol is caring for baby at all times.
• Seek support to substitute with safer alternatives (especially if using marijuana to manage pain or anxiety).

MARIJUANA USE CAN SIGNIFICANTLY IMPAIR A CAREGIVER'S ABILITY TO CARE FOR A BABY OR CHILD. IT IS VITAL THAT SOMEONE IS CARING FOR BABY WHO IS NOT INFLUENCED BY DRUGS OR ALCOHOL.