

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.