

## Resources

- Poison Control: 1-800-222-1222.
- Learn about Oregon laws: <http://whatslegaloregon.com/>.
- Call 211 to connect to health and social services.
- Learn how to talk to your kids about marijuana: Visit <http://healthoregon.org/marijuana>.
- Are you looking online for marijuana information? Make sure you are using a reliable source such as a research hospital, university or public health department.



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



You can get this document in other languages, large print, braille or a format you prefer. Call 971-673-0040, TTY 1-800-735-2900.

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# Marijuana and Your Baby

Information about marijuana use while pregnant,  
breastfeeding or caring for children



## Marijuana and your baby

- Oregon adults can now legally use marijuana. However, marijuana has many chemicals that may negatively affect developing fetuses, babies and young children.
- Are you thinking of becoming pregnant or are you pregnant or breastfeeding? If so, talk with your health care provider if you need help to stop using marijuana.
- You may be using marijuana to treat a medical condition, such as nausea, anxiety or pain. If so, ask your health care provider about other treatments that may be safer for you and your baby.

## Marijuana, pregnancy and breastfeeding

There is no known safe level of marijuana use during pregnancy.

- THC is the chemical in marijuana that makes you feel “high.” It stays in your body fat for a long time. THC can pass to your baby if you use marijuana while pregnant or breastfeeding.
- THC may negatively affect babies’ developing brain and their ability to do well in school later.
- Using marijuana during pregnancy may increase the risk of stillbirth.
- Research into the long-term effects of marijuana on babies is limited.
- Breastfeeding is important to your baby’s health. Do not use marijuana while breastfeeding.



## Child safety

- If your child eats or drinks marijuana by accident, call the poison control hotline as soon as possible.
- If your child is not responding or seems very sick, call 911 or go to an emergency room right away.



**Poison Control: 1-800-222-1222.**

## Parenting safely

- After having a baby, you may be tired. Using marijuana may make you sleepier and less aware of your child’s needs.
- It is not safe:**
- To be high or buzzed while caring for a baby.
  - To sleep with your baby while you are high. You could cause injury if you roll over onto or accidentally push your baby off the bed.
  - To let your baby ride in a car if the driver is high.
  - To allow anyone to smoke or vape in your home or around your baby.

