

What to Know About Cannabis for You, Your Baby, and Young Children

Many people wonder if it is safe to use cannabis (also known as marijuana, weed, pot) while they are pregnant, planning to become pregnant, or breastfeeding (feeding an infant human milk via breast, chest, or pump). Cannabis is used in many ways, including smoking, vaping, or consuming in candy, food, or drinks and can change how you think, feel, and make decisions. Using cannabis in any form during pregnancy and breastfeeding may affect you and your baby's health. Even though cannabis is legal for Minnesotans 21 and older, that doesn't mean it's safe to use during pregnancy or while breastfeeding.

Get the facts

We know you want to make the best choice for you and your baby. While there is still a lot we don't know about the health effects of cannabis, here is what we do know:

- What you put in your body can pass to your baby. Using cannabis may harm your baby's brain development and increase the risk of:
 - Your baby being born too small or too early
 - Stillbirth or infant death
 - Learning, behavioral, or other health problems
- Cannabis is stored in your body's fat for weeks. Some cannabis chemicals can stay in your milk even after you stop using cannabis. Pumping and dumping milk is not effective when it comes to cannabis use.
- Using cannabis during your pregnancy can increase your risk of complications, including:
 - Gestational hypertension (high blood pressure)
 - Preeclampsia
 - Weight gain
 - Placental abruption (the placenta detaches from the uterine wall)
 - Gestational diabetes
- The more you use cannabis, the more you increase your health risks, especially if you also smoke cigarettes.



Using cannabis is not recommended while pregnant or breastfeeding.

The American College of Obstetricians and Gynecologists and the American Academy of Pediatrics recommend you stop using cannabis during pregnancy and while breastfeeding.

Reduce potential harm

Some people may find it difficult to quit cannabis. To reduce potential harm, consider the following:

- Reduce the amount and frequency of cannabis use.
- Being high while caring for a child is not safe. If you plan to use cannabis, arrange for childcare.
- Smoke outdoors as much as possible to prevent a child's exposure to secondhand cannabis smoke.
- Do not drive after using cannabis. Do not let your child ride in a car if the driver is high. Cannabis can cause slower reactions, dizziness, confusion, and trouble thinking.
- Store cannabis products in a locked area where your child cannot see, reach, or access them.
- If you have been using cannabis to manage a medical condition or pregnancy symptoms, talk to your health care provider about what you're experiencing and other treatments available.



Support options

If you or a loved one would like to talk about reducing or stopping cannabis use, there are resources that can help.

- Talk to your health care provider for referrals.
- Visit [FindTreatment.gov](https://www.findtreatment.gov) (www.findtreatment.gov) to find treatment programs.
- Visit the [Fast Tracker](https://fasttrackermn.org) (<https://fasttrackermn.org>) webpage or call 651-426-6347 to find substance use disorder services near you. Includes Tribal providers.
- Call the Substance Abuse and Mental Health Services Administration National Hotline at 800-662-HELP (4357).

To obtain this information in a different format, call 651-201-3650.

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