

Marijuana and Pregnancy

Marijuana is a strong drug.

Marijuana use during pregnancy:

- Causes less oxygen and food to get to the baby. This makes it harder for the baby to grow.
- Affects the baby's brain development.
- Can cause serious behavior problems as the baby grows up.

Marijuana use during pregnancy might cause:

Babies

Tremors (shaking), hard to comfort baby
High-pitched cry
Problems responding to people
Sleep problems
Problems learning to talk

3–11 years old

Problems paying attention
Aggressiveness (starting fights, pushy)
Hard time staying still (hyperactive)
Problems following directions
Poor memory

12 years and older

Hard time problem solving
Poor judgment (what is safe and what is not, etc.)
Easily distracted (can't stay on track)



"I know the behavior problems my kids show now are because I smoked marijuana when I was pregnant with both of them."

-from a 26-year old, former marijuana user

Effects on anyone who uses marijuana:

- It can affect your memory, concentration, coordination and judgment.
- You can become addicted.
- Your risk of lung cancer increases.

Marijuana use after pregnancy:

- Causes the drug to be in the mother's breast milk, which can hurt the baby's brain development.
- Can cause coughing, trouble breathing, more colds and ear infections for baby if around marijuana smoke.
- Can be risky for baby since it affects the marijuana user's judgment, coordination and memory.

Get help to quit

What you eat, what you drink, what you smoke, and what drugs you use affects your baby.

There is no "safe" amount of alcohol, tobacco or drug use while you are pregnant.

So, if you are planning a pregnancy, are pregnant, or think you might be pregnant – **get help to quit.**

Only take medicines prescribed by your doctor.



For information or help to stop using drugs call One2One, our confidential phone line at (707) 565-7457.

One2One is available for women of all cultural, racial and economic backgrounds in Sonoma County at no charge. We are women who have struggled with drug use and want to help, not judge. Your phone call will be connected with a caring woman within 24 hours.

