

# MARIJUANA AND PREGNANCY

## DID YOU KNOW THAT MARIJUANA

- Is a strong **DRUG**
- Causes less oxygen and food to get to the baby, making it harder for the baby to grow
- Affects the baby's brain development
- Can cause serious behavior problems



*“What can happen to my child if I use marijuana while I am pregnant?”*

If you use marijuana during pregnancy, your child might have these problems:

Age	Problem
Newborn	<ul style="list-style-type: none"> <li>• Tremors (shaking), hard to comfort baby</li> <li>• High-pitched cry</li> <li>• Problems responding to people</li> <li>• Sleep problems</li> <li>• Trouble learning to talk</li> </ul>
3 - 11 years	<ul style="list-style-type: none"> <li>• Problems paying attention</li> <li>• Aggressiveness (starting fights, pushy)</li> <li>• Hard time staying still (hyperactive)</li> <li>• Problems following directions</li> <li>• Poor memory</li> </ul>
12 years and older	<ul style="list-style-type: none"> <li>• Problems making difficult or complicated decisions</li> <li>• Poor judgment (what is safe and what is not, etc.)</li> <li>• Hard time problem solving</li> <li>• Easily distracted (can't stay “on track”)</li> </ul>

*“What can happen to me if I use 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 breastmilk 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



*“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

What you eat, what you drink, what you smoke, and what drugs you do, 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 even think you might be pregnant - **quit**. Only take medicines prescribed by your doctor.

Get prenatal care. You and your baby deserve to be healthy and stay healthy!