

MARIJUANA IN THE 21ST CENTURY.

Legal does not mean safe.

Some states have made marijuana legal for medical and/or recreational purposes. While medical marijuana is legal in Delaware, it's important to know that legal does not mean safe.

Women who are pregnant, might be pregnant, or are breastfeeding should not use marijuana. Even those trying to get pregnant should not use marijuana.

THERE IS NO SAFE AMOUNT.



EXPLORE YOUR OPTIONS.

If you are pregnant or breastfeeding, marijuana is not a safe substitute for other drugs.

Talk with your health care provider to find the symptom management that is right for you and your baby.

Visit www.DEThrives.com for more information on how to live healthy for you and your baby.



AMERICAN ACADEMY OF PEDIATRICS
DELAWARE CHAPTER

MARIJUANA, PREGNANCY & BREASTFEEDING

WHAT YOU NEED TO KNOW.



WHAT'S IN A NAME

Natural does not mean safe.

Marijuana has many names - pot, weed, cannabis, and tetrahydrocannabinol (THC) to list a few. The official name is *cannabis sativa*. Regardless of what you call it, there are compounds in marijuana that are important to know about.

THC, a chemical compound found in marijuana, is what causes marijuana to give the “high” feeling and could be harmful to the development of your baby. It can take up to 30 days for THC to leave the body. If a woman is pregnant, THC passes to the baby. Repeat exposures may lead to higher amounts of THC in the baby. THC passes into breast milk.

Marijuana smoke also contains some of the same toxins as tobacco smoke. These toxins may sometimes occur in greater amounts in marijuana.

MARIJUANA & PREGNANCY

Using marijuana while pregnant can upset the baby's brain development and function.

Children exposed to marijuana during pregnancy may struggle later in life. They may have trouble with problem solving and motor coordination. They may also suffer from a lower attention span and behavior problems. Such problems affect learning.



The effects of marijuana use during pregnancy may be similar to those of tobacco or alcohol. Women who are pregnant, might be pregnant, or trying to get pregnant should stop using marijuana.



MARIJUANA & BREASTFEEDING

Further research on the risks of exposure to the baby are needed and are advancing. We do know that THC (marijuana) becomes part of mom's breast milk at high levels that are harmful to the baby. Women who are breastfeeding should stop marijuana use.



Talk with your health care provider for more information. **If you need immediate help, call:**

1-800-652-2929 in New Castle County
1-800-345-6785 in Kent and Sussex Counties