THC, the chemical in cannabis that gives a user the “high” effect, can be passed to your baby if you use cannabis in any form (smoked, edibles, vapes, etc.) during pregnancy or while breastfeeding. Studies have found that THC can stay in breastmilk for up to six days after cannabis was consumed.

A baby that is exposed to cannabis before they are born may have problems with brain development, lower birth weight, may be born prematurely, and could develop other behavioral or learning problems, especially as they grow older. This could make it harder for a child to do well in school.

To date, no research shows a safe amount of cannabis use while pregnant or breastfeeding. Although cannabis is natural, that does not make it safe. Not all natural substances or plants are safe; tobacco and poisonous berries are other examples.

Cannabis and tobacco smoke have many of the same toxic chemicals. Breathing any smoke is bad for you and your baby, so you should not allow anyone to smoke in your house or around your kids.

Using cannabis to help with morning sickness, backaches, and other health issues is not recommended during pregnancy or while breastfeeding. Talk to your healthcare provider about other options that are safer for your baby.

Visit these websites for more information and research:
- GoodToKnowMaine.com
- US Centers for Disease Control & Prevention: cdc.gov/marijuana/factsheets/pregnancy.htm#11