Marijuana Use During Pregnancy

Whether smoked, vaped, or eaten in food, marijuana use during pregnancy can be risky for a developing baby’s health. Marijuana contains nearly 500 chemicals; these chemicals can pass through the placenta to the baby during pregnancy.¹

**Risks to Baby**
- Preterm delivery (the baby being born before 37 weeks gestation)²
- Greater risk for Neonatal Intensive Care Unit (NICU) admission³
- Low birth weight²
- Greater risk of stillbirth¹
- Low oxygen for the baby³
- Long-term brain development issues affecting memory, learning and behavior¹

**Long-Term Risks to Kids⁴**
Marijuana use during pregnancy may also put the baby at risk for problems but more research is needed. Here are some possible long-term difficulties for kids exposed to marijuana during pregnancy:
- Attention problems
- Hyperactivity
- Lack of impulse control
- Behavior problems

**Marijuana in Breast Milk**
Marijuana use while breastfeeding may come with risks to the baby but more research is needed here as well.
- THC and other chemicals in marijuana can be passed to a baby through breast milk and may have adverse effects on early brain development¹
- There is little research about how marijuana use during breastfeeding impacts the baby, most doctors discourage use during breastfeeding⁵

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For help quitting marijuana, call SAMHSA's National Helpline: **800-662-4357**

or visit

dhcs.ca.gov/individuals/Pages/SUD_County_Access_Lines.aspx