

# BREASTFEEDING AND CANNABIS

Cannabis may stay in your body for a long time. "Pumping and dumping" breast milk will not save your baby from the effects of the cannabis you consume. If you are using cannabis to treat pain, anxiety, nausea, or other conditions while you are breastfeeding, speak to your healthcare provider about safe alternatives.



# INFORMATION AND RESOURCES



For help finding addiction treatment services call **1-844-REACHNJ (1-844-732-2465)**.  
[NJ.GOV/HUMANSERVICES/REACHNJ](http://NJ.GOV/HUMANSERVICES/REACHNJ)



In the event of accidental cannabis poisoning call **New Jersey Poison Center** at **1-800-222-1222**.  
[NJPIES.ORG](http://NJPIES.ORG)



Scan or visit [njrcrgov.info/safeuse](http://njrcrgov.info/safeuse) for more safe-use information.

**[NJRCRGOV.INFO/SAFEUSE](http://NJRCRGOV.INFO/SAFEUSE)**



# PREGNANCY AND CANNABIS

**Know for your baby.  
Pause for your baby.**



## Know for your baby. Pause for your baby.

For the health and wellness of your baby, it's the smart choice to pause your cannabis use immediately. Whether you are expecting, breastfeeding, or planning for pregnancy, smoking weed, taking a gummy, or eating an edible can pose immeasurable harm for your baby. **No amount and no form of cannabis is considered safe during pregnancy.**



## YOUR BABY AND CANNABIS

Medical evidence shows that using cannabis or cannabis products while pregnant or nursing and exposing infants and children to secondhand smoke increases the risk of the following conditions:

- Stillbirth
- Sudden Infant Death Syndrome (SIDS)
- Intrauterine Growth Retardation
- Congenital Malformations
- Impaired Development
- Low Birth Weight
- Gestational Diabetes
- Decreased Reasoning and Problem-solving Skills
- Decreased Memory and Attention Function
- Hyperactivity



## MORNING SICKNESS AND CANNABIS

There is no evidence that cannabis is an effective treatment for morning sickness, and its use comes with severe and potentially deadly risks.

***Talk to your healthcare provider about safe alternatives to help alleviate morning sickness.***