

## Questions & Answers

### Q: Is it safe to use cannabis while pregnant or breastfeeding?

No. cannabis (marijuana, THC, weed) can pass to your baby during pregnancy and through breast milk. It may affect your baby's brain development, attention, and behavior.

### Q: Does it matter how I use cannabis while I'm pregnant?

Cannabis may be bad for your baby no matter how you use it—this includes smoking, vaping, dabbing, eating or drinking, and applying creams or lotions to the skin.

### Q: What if I use cannabis to help with nausea, anxiety, or sleep?

Talk to your healthcare provider as there are safer, pregnancy-friendly treatments available. Cannabis hasn't been proven to be safe for these symptoms during pregnancy or breastfeeding.

### Q: What about second-hand effects?

Breathing cannabis smoke contains many of the toxic and cancer-causing chemicals found in tobacco smoke. Second-hand effects can also be passed to infants.




Be The Change (commonly called "Barry County SATF"), is a dedicated community task force committed to preventing substance use in Barry County, Michigan. We strive to create positive change in our community by addressing the root causes and reshaping how our residents think and act in their daily lives.

Join us in our mission to build a healthier, safer, and substance-free Barry County. **Together, we can "Be The Change."**



**Get Informed,  
Stay Empowered**

 Barry County Community  
Mental Health Authority  
*Certified Community Behavioral Health Clinic*

 BarryCountySATF.com  
**BE THE CHANGE**  
500 Barfield Dr., Hastings, MI 49058



## Cannabis and Pregnancy

Choices Matter- Start Safe  
and Substance Free!

 BarryCountySATF.com  
**BE THE CHANGE**

# Cannabis and Nursing Don't Mix

When you nurse, your baby receives everything you do – including THC from marijuana or cannabis. Even in small amounts, THC can pass through breast milk and may affect your baby's brain development, sleep patterns, and behavior. Your baby's brain is still growing, and every choice you make helps shape a healthy start.

**You're not alone.** If you need support to be substance free, WIC, your healthcare provider, BCCCMHA and others in the community can help. There are resources made just for moms like you – caring, doing your best, and wanting the healthiest future for your baby!



Barry County WIC:  
269-945-9516

Eaton County WIC:  
517-541-2630



# What if I'm Already Using Cannabis?

**If you're using cannabis, you're not alone – and it's never too late to make a healthy change.**

Quitting as soon as you can helps protect your baby's growth and development. Even if you're using cannabis to manage symptoms like morning sickness, anxiety, or pain, there are safer options available during pregnancy. Your healthcare provider can help you find what works best for you and your baby.

Using cannabis while pregnant can increase the risk of premature birth, stillbirth, and may affect your baby's brain development – but getting support now can make a real difference.

To start getting the support you need to stop using cannabis, please contact:



# Keeping Your Baby Safe & Healthy

Protect your baby by keeping them away from all forms of cannabis.

If someone in your house uses cannabis products, make sure that they are clearly labeled and do not look like familiar snacks or treats.

If someone in your home uses cannabis products, make sure that it is locked up away from children. To receive a **FREE** cannabis lock box, contact us at 269-948-8041 or by email at [llenzen@bccmha.org](mailto:llenzen@bccmha.org).

**BE AWARE.  
DON'T SHARE.**



If your child accidentally consumes cannabis or a cannabis product, immediately contact Poison Control at 1-800-222-1222, call 911, or head to the nearest emergency room without delay.



**POISON  
HELP**  
1-800-222-1222

