

MARIJUANA

How It Affects Your Baby



It's never a good idea to use any drugs during your pregnancy unless they are prescribed and monitored by your health care provider. Any drug that you take passes through the umbilical cord and into your baby's body.

Smoking marijuana during your pregnancy is especially dangerous and can lead to serious, long-term health complications for your baby.

If you smoke marijuana during your pregnancy, your baby may experience any of the following:

- Low birth weight
- Excessive crying
- Inconsolability
- Behavior problems
- Learning problems
- Intellectual impairment
- Sleep disturbances
- Possible link to some types of cancer

Marijuana (THC) is the most commonly abused illegal drug in the United States.

The short-term effects of marijuana on the users include: problems with memory and learning, distorted perception, trouble thinking, loss of motor coordination and increased heart rate.

Depression and anxiety have been associated with chronic marijuana usage.

Marijuana can be passed to your baby through your breast milk. This can be harmful to your baby's brain development.

Research has shown that babies born to mothers who used marijuana during their pregnancy may have the "shakes" and may be difficult to comfort.

During the preschool years, marijuana-exposed children have been shown to have more difficulty paying attention. The children are more likely to have learning problems in school.

The good news is:

It is never too late to stop smoking marijuana during your pregnancy! No matter how far along you are in your pregnancy, it is better for your baby if you quit. The baby's brain and body will grow better if you stop using marijuana.

Talk to your health care provider. Ask for help. Start living healthier for you and your baby today!



For questions or further information:

Kansas Alliance for Drug Endangered Children-Shawnee County

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