



Email: [info@cocaberks.org](mailto:info@cocaberks.org)  
Call: (610) 376-8669  
[www.cocaberks.org](http://www.cocaberks.org)



## Thinking about using marijuana?

Research suggests it's best to avoid marijuana while you're pregnant, trying to get pregnant or breastfeeding.

**Before Pregnancy:** Using marijuana products before pregnancy may affect a woman's menstrual cycle and her ability to get pregnant, as well as a man's sperm count and quality.

**During Pregnancy:** Marijuana is not recommended for treatment of morning sickness or other medical conditions as it may adversely affect the baby's brain development and lead to lower birth weight and reduced alertness.

**After Pregnancy:** Marijuana passes through breast milk and may be stored in the baby's fat cells and brain for weeks.

### Risks to Child Development

- 0-3 years: Difficulty calming down, exaggerated startles, sleep problems
- 3-6 years: Memory and attention deficits, more impulsive, difficulty following instructions
- 6-10 years: Hyperactivity, impulsivity, anxiety, depression and difficulties with learning and attention
- 14-18 years: Poorer school performance, delinquency, continuation of earlier issues

**Please speak with your health care professional before using any marijuana products.**

**If you need help to quit using marijuana, please ask your health care provider for support.**

For more information on marijuana and other substance use related issues, please visit the Council on Chemical Abuse website at [www.cocaberks.org](http://www.cocaberks.org)

Source: *Her Majesty the Queen in Right of Canada, as represented by the Minister of Health, 2018* | Cat: HP35-114/1-2018E-PDF | ISBN: 978-0-660-27813-1 | Pub: 180309