

WEED to KNOW

for Baby and You



BREAST MILK

Provides all babies need.

DON'T SPOIL IT

By using weed.

**THC STAYS IN YOUR BODY FAT,
BLOOD, AND BREAST MILK
FOR UP TO 30 DAYS.**

THIS MEANS IT CAN BE TRANSFERRED TO BABY.



Recommendations for Pregnancy, Breastfeeding and Parenting
SRHD.ORG/WEED-TO-KNOW

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THC, THE ACTIVE INGREDIENT IN MARIJUANA, IS STORED IN BODY FAT, BLOOD, AND BREAST MILK FOR UP TO 30 DAYS:

USING MARIJUANA WHILE BREASTFEEDING MAY CREATE FEEDING PROBLEMS AND POOR WEIGHT GAIN.

BABIES EXPOSED TO THC IN BREAST MILK MAY HAVE INCREASED RISK OF SUDDEN INFANT DEATH SYNDROME (SIDS).



STRUGGLING WITH MARIJUANA ADDICTION?

CALL THE HELPLINE: 866.789.1511

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Sources:

Jaques, S.C. et al. (2014). Cannabis, the pregnant woman and her child. *Journal of Perinatology*, 34(6), 417-424.

Miller, C. (2012). Marijuana use and breastfeeding. *Clinical Lactation*, 3(3), 101-107.

Sachs, H. et al. (2013). The Transfer of Drugs and Therapeutics into Human Breast Milk: An Update on Selected Topics. *Pediatrics*, 132(3), e795-e809

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