

# WEED to KNOW

*for Baby & You*



*Human milk provides  
all babies need.*

*Don't spoil it  
by using weed.*

THC STAYS IN YOUR BODY FAT, BLOOD  
AND MILK FOR UP TO SIX WEEKS. THIS  
MEANS IT CAN BE TRANSFERRED TO BABY.



Recommendations for Pregnancy, Breastfeeding & Parenting  
[srhd.org/weed-to-know-baby-you](http://srhd.org/weed-to-know-baby-you)

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# THC, THE ACTIVE INGREDIENT IN CANNABIS, IS STORED IN BODY FAT, BLOOD AND MILK FOR UP TO SIX WEEKS:

Using cannabis while breastfeeding may create feeding problems and poor weight gain.

Babies exposed to THC in human milk may have increased risk of Sudden Unexpected Infant Death Syndrome (SUID).



## STRUGGLING WITH A CANNABIS ADDICTION?

CALL THE HELPLINE:  
866.789.1511

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Sources:

Harris M, Schiff DM, Saia K, Muftu S, Standish KR, Wachman EM. Academy of Breastfeeding Medicine Clinical Protocol #21: Breastfeeding in the Setting of Substance Use and Substance Use Disorder (Revised 2023). *Breastfeed Med.* 2023;18(10):715-733. doi:10.1089/bfm.2023.29256.abm

Association of Women's Health, Obstetric and Neonatal Nurses. Breastfeeding Recommendations for People Who Use Substances: AWHONN Practice Brief Number 16. *Nurs Womens Health.* 2022;26(6):e4-e7. doi:10.1016/j.nwh.2022.08.001

Drugs and Lactation Database (LactMed). Cannabis. National Institute of Child Health and Human Development; 2006. Updated November 15, 2023. Accessed January 29, 2024. <https://www.ncbi.nlm.nih.gov/books/NBK501587/>

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