



What you need to know:

Cannabis, Pregnancy and Breastfeeding



It's safest for you **not to use cannabis during pregnancy and breastfeeding.**

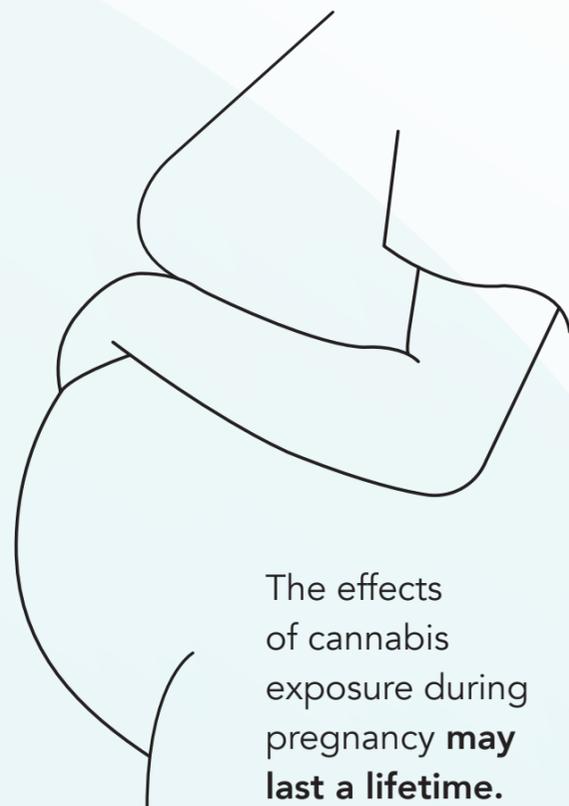
Cannabis may **negatively affect brain development.**



THE BRAIN DEVELOPS FROM **INFANCY TO AGE 25.**

SMOKING CANNABIS MAY INCREASE THE AMOUNT OF CARBON MONOXIDE IN YOUR BLOOD.

This can decrease the amount of oxygen that the developing baby receives.



The effects of cannabis exposure during pregnancy **may last a lifetime.**

Cannabis use during pregnancy **may be associated with:**

LOW BIRTH WEIGHT

PRETERM LABOUR

STILLBIRTH

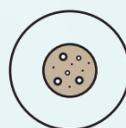
A developing baby may be affected **by all forms of cannabis.**



SMOKED



VAPED



EATEN

CANNABIS MAY ALTER YOUR DNA AND GENES.

These alterations can be passed onto future generations, impacting their health.



CHILDHOOD

Poor memory function, poor problem solving skills, and an inability to pay attention



ADOLESCENCE

Increased risk of depression and/or anxiety



ADULTHOOD

Possible substance use

Cannabis compounds may be passed to your baby through breast milk. **This may lead to:**



SLOW MOTOR DEVELOPMENT



REDUCED MUSCLE TONE



POOR SUCKLING

To learn more about cannabis, pregnancy and breastfeeding visit pregnancyinfo.ca/learn-more