



**Breastfeeding? THC gets
in breastmilk and may affect
your baby.**



Marijuana and Breastfeeding

Consuming marijuana, in any form (smoking, vaping, eating or drinking), **is not recommended** while breastfeeding your baby.

How will marijuana affect my baby?

- The active ingredient in marijuana, THC (tetrahydrocannabinol), is passed through your breastmilk and may affect your baby. Everything a mother eats, drinks or smokes enters breastmilk.
- “Pumping and dumping” your breastmilk does NOT work. THC is stored in fat cells and is released slowly over several weeks, so it stays in your breastmilk.
- Second hand smoke can also affect your baby by entering his/her lungs.
- Exposing your baby to marijuana through your breastmilk may cause your baby to have poor weight gain, increased sleepiness, and slower development.
- Just like cigarette smoking, using marijuana may increase your baby’s risk of Sudden Infant Death Syndrome (SIDS).
- Marijuana use may impair a mother or care giver’s judgment and ability to care for the baby.

No amount of marijuana is safe

- American Academy of Pediatrics recommend that mothers who are breastfeeding their babies should not use marijuana.
- CDC suggests that breastfeeding mothers should reduce or avoid marijuana use. Data on the effects of marijuana exposure is limited.
- Even though marijuana is legal, it is not safe for your breastfeeding baby.
- Some people think that using a vape pen or eating marijuana is safer than smoking it, but marijuana in any form may be unsafe for your baby as it still contains THC.

How can I get help to stop using marijuana?

- Ask your baby’s nurse or doctor and we’ll get you in touch with one of our social workers.
- Visit www.samhsa.gov for resources and more information.

1. As of July 1, 2021 under Connecticut State law, recreational use of marijuana became legal. “Adults 21 and older will be able to possess up to 1.5 ounces on their person and have 5 ounces in a locked container in the home or locked trunk or glove compartment in the person’s vehicle. The new bill prohibits smoking of marijuana in state parks, workplaces, hotels and within 25 feet of an entrance.” 2. 211ct.org (2021). Connecticut’s Legalized Recreational Marijuana (Cannabis) Law. <https://uwc.211ct.org/connecticut-legalized-recreational-marijuana-cannabis-law> 3. Link here to Governor Lamont’s Press Release with additional information and a link to the Senate Bill 1201: <https://portal.ct.gov/Office-of-the-Governor/News/Press-Releases/2021/06-2021/Governor-Lamont-Signs-Bill-Legalizing-and-Safely-Regulating-Adult-Use-Cannabis>