

Resources

If your child eats or drinks marijuana by accident, call the poison control hotline right away. If symptoms seem bad, call **911** or go to an emergency room.

Poison Control:

800-222-1222

Oregon laws:

whatslegaloregon.com

Call **211** to connect to health and social services.

Linn County Alcohol and Drug:

541-967-3819

Benton County

Substance Abuse Treatment:

541-766-6835

Lincoln County Addiction Recovery:

541-265-4179

When reading information online, make sure that the website is from a reliable source like research hospitals or universities.



™ The Oregon marijuana universal symbol means a product contains marijuana and should be kept in its original packaging, out of the reach of children.

You can get this document in another language, format or large print at no cost. Please call us at 800-832-4580 (TTY 800-735-2900) to request a copy.

Puede obtener este documento en otro idioma, otro formato o en letra grande sin costo alguno. Llámenos al 800-832-4580 (TTY 800-735-2900) para pedir una copia.

InterCommunity 
Health Network CCO

2300 NW Walnut Blvd., Corvallis, OR 97330
800-832-4580 (TTY 800-735-2900)

IHNtogether.org



Marijuana and your baby

**Marijuana use during pregnancy,
breastfeeding and while caring for
your baby.**

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Marijuana and pregnancy

THC is the chemical in marijuana that makes you feel “high.” This chemical passes to your baby through your placenta if you use marijuana while you are pregnant. There are also other chemicals in marijuana that could harm your baby.

- THC is stored in body fat and stays in your body for a long time. It may also stay in your baby’s body for a long time.
- There is no known safe amount of marijuana use during pregnancy.
- Using a vape pen or eating marijuana is not any safer than smoking it.
- Using marijuana, at any time and in any form, during pregnancy can harm your baby. It can cause premature birth and low birth weight.
- Research links marijuana use while pregnant with problems for the baby later in life. It may impact their learning and focus.
- Being legal does not mean that marijuana is safe for pregnant or breastfeeding women and their babies.

Talk with your health care provider if you need help to stop using marijuana. You should do this if you are thinking about becoming pregnant or are pregnant or breastfeeding.

If you are using marijuana to treat a medical issue (nausea, anxiety, depression, sleep problems, etc.), please talk with your health care provider. Your provider can help you find other treatments for medical issues during pregnancy and while breastfeeding.



Marijuana and breastfeeding

Breastfeeding has many health benefits for you and your baby. Your breast milk needs to be as safe as possible for the health of your baby.

- Unlike alcohol, “pumping and dumping” your breast milk after marijuana use will not work. THC is stored in body fat, including the fat in breast milk.
- How much and how long the different chemicals from marijuana stay in your body is different for each person. The strength of the marijuana, the amount you use, how often you use it and your own body’s metabolism make the difference.
- The amount of marijuana in your breast milk can be higher than that in your blood.
- Using marijuana during breastfeeding may cause problems with milk production. It can also cause a decrease in your baby’s sucking reflex.

Child safety

Even small amounts of marijuana can make children very sick. If you have marijuana in your home, take extra steps to keep children safe.

- Store all marijuana products in a locked area that your children cannot see or reach.
- If you grow marijuana, it should be locked in a way that children cannot get to it.
- Call Poison Control at **800-222-1222** right away if you think your child might have eaten marijuana products.

Parenting safely

Being high or buzzed while caring for a baby is not safe. Do not let anyone who is high take care of your baby.

Some marijuana can make people very sleepy when they are high. It is not safe to sleep with your baby while you are high. After having a baby, you may be tired and using marijuana may further lower your awareness. If something were to happen to your baby, you may have a hard time responding properly.

It is not safe to drive a car while high. Do not let your baby ride in a car if the driver is high.

Second-hand smoke, either tobacco or marijuana, is not safe. Do not allow anyone to smoke in your home or around your baby.