

**WEED to KNOW**  
*for Baby & 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 & 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 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).



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Materials provided courtesy of Spokane Regional Health District

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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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