

How does using cannabis affect my breast milk?

Cannabis or marijuana's active ingredient is THC. THC will pass into your breast milk and to your baby. The amount of THC in breast milk can be **higher** than the level in your blood.

- The THC can be in your baby's body for months.
- The THC can make your baby extra sleepy. They may have a poor suck and lower muscle tone. This can lead to less feeding, less milk production, and not enough growth.
- Babies of moms who use cannabis can have a higher risk for SIDS (Sudden Infant Death Syndrome) also called crib death.
- Babies of moms who use cannabis may be slower to learn, or slower to roll over, sit up or walk. They can also have delayed language skills. They may have lifelong learning and behavioral problems.
- Children of mothers who use cannabis or marijuana have been shown to have an increased risk of drug use later in life.
- Children of mothers who use cannabis have been shown to have an increased risk of developing ADHD, anxiety and depression.
- Cannabis and marijuana products may have other dangerous chemicals or drugs in it that can make your baby sick.

What should I do?

- We recommend that you do **not** use cannabis if you are breastfeeding your baby.
- If you are a daily user and do not intend to stop, use formula to feed your baby. Do not breastfeed at all.
- Avoid exposing your baby to second hand smoke from marijuana or nicotine.
- If you need help stopping, talk to your nurse or doctor.

For other health and wellness information, check out this resource:

<https://kidshealth.org/ChildrensWi/en/parents>

ALERT: Call your child's doctor, nurse or clinic if you have any concerns or your child has special health care needs not covered by this information.

This document was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.