

Name: _____ Date: _____

Marijuana and Pregnancy

Using marijuana – eating, drinking, or smoking – during pregnancy exposes your baby to THC (the chemical that makes you high). This can cause issues for your baby now and in the future.

Problems that could happen now:

- Brain doesn't develop normally
- Born too early
- Stillborn (dead at the time of birth)
- Going through withdrawal

Problems that could happen later:

- Trouble sleeping
- Trouble in school
- Problems with attention, memory, and learning
- Behavior problems

There is no safe amount of marijuana use during pregnancy. It is safe to quit smoking marijuana during pregnancy. Talk to your doctor to let them know you want to quit.



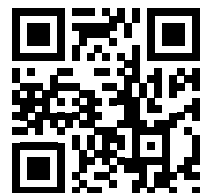
Newborns can go through withdrawal from any substances they are exposed to during pregnancy. This includes tobacco and marijuana.

 **When do you want to quit smoking marijuana? Fill in your goal quit date.** _____



Write or draw at least one reason you want to stay healthy for your baby.

Marijuana Use
During Pregnancy



Breathe
Healthy Steps to
Living Tobacco Free



If you're ready to quit, call Quit Now Indiana at
1-800-QUIT-NOW (1-800-784-8669)
or log on to equitnow.com for free, personalized support.