

# Marijuana

## What if my child is exposed to marijuana?

### Effects on babies:

- Premature birth or still birth
- Having a brain that did not develop normally
- Being born addicted and suffering withdrawal symptoms
- Having trouble sleeping
- Having trouble in school with attention, memory and learning problems
- Behavior problems

### Effects on children:

- Traces of THC in children's urine
- Secondhand marijuana smoke can trigger an asthma attack
- Secondhand marijuana smoke can cause reduced memory and coordination

## Is marijuana okay to use when pregnant or breastfeeding?

No. Eating, drinking, or smoking marijuana while pregnant passes the THC to your baby. This can cause many problems for the baby before they are born and later in their life.

THC and other marijuana chemicals can be passed to your baby through breast milk. **There is no level of marijuana exposure that is safe for pregnant or breastfeeding people.**

## Synthetic marijuana

Synthetic marijuana, sometimes called K-2 or Spice, affects the brain much more powerfully than marijuana. **It can cause life-threatening problems including brain swelling, seizures, hallucinations, fast heartbeat, and chest pains.** As with marijuana, children and pregnant people should not be exposed to the smoke.

## Talk to your doctor to get help with quitting.

### FREE Quit Support:

- Visit [www.smokefree.gov](http://www.smokefree.gov)
- Pregnant people: for helpful text messages, text MOM to 222888
- Liv App, a free app of resources for pregnant people
- Text READY to 34191
- Log into [equitnow.com](http://equitnow.com)

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