



# Pot, Pregnancy & Breastfeeding



There's still more research needed to know exactly how cannabis affects the developing baby. Until we know more, it's best to find other ways to relax or cope.

For more information on healthy babies, pregnancy use or support for safer alternatives, talk to your healthcare provider and visit [www.hss.gov.nt.ca](http://www.hss.gov.nt.ca).



A time of..

Joy!



Change!



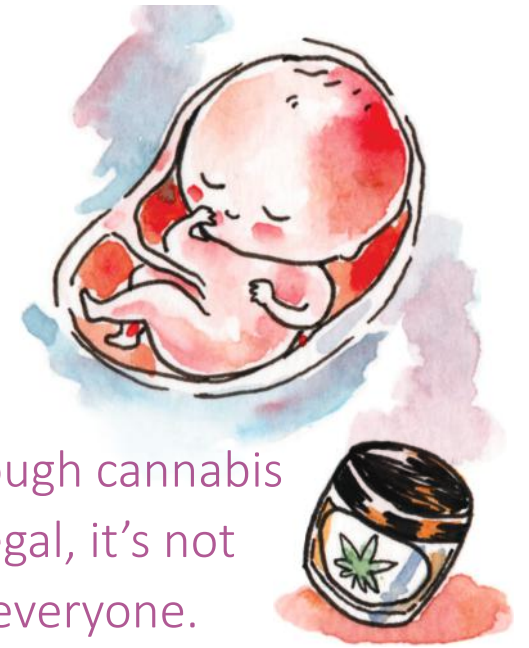
Discovery!



But lets be honest,  
it's not all sunshine  
and rainbows.

You might be struggling with feeling tired, sick,  
or be straight-up stressed out... Some women may  
also experience depression or anxiety once the  
baby is born.

Many mothers are curious about cannabis as a way  
to relax or cope. You know that drinking alcohol and  
smoking tobacco harms your baby, but what's the  
deal with weed?



Even though cannabis  
is now legal, it's not  
safe for everyone.

- Using cannabis while you're pregnant or breastfeeding passes harmful chemicals onto your baby (including THC, the chemical that gets you high). This may affect how the baby grows and develops.
- THC is stored in fat cells for a long time. A baby's brain and body are built with a lot of fat so THC can be stored in their body for weeks. Pumping your breast milk will not remove THC from your milk supply.
- Using weed in the form of liquid, oils or creams while you are pregnant or breastfeeding, will still pass cannabis on to your baby.