

Breastfeeding and Cannabis

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The American Academy of Pediatrics (AAP) advises that women who are pregnant or breastfeeding should refrain from using marijuana. Additionally, the American College of Obstetricians and Gynecologists (ACOG) recommends that obstetrician-gynecologists counsel women against marijuana use when trying to conceive, during pregnancy, and while breastfeeding.



FAQs

How does marijuana effect brain development?

THC has been shown to cross the placenta and enter the brain of the developing fetus during pregnancy. Once in a baby's system, it can "hijack" normal nerve cell growth that happens in the developing brain.

Is marijuana safer than tobacco?

No. Studies show that between 48% and 60% of marijuana users continue during their entire pregnancy, thinking it's safer than tobacco.

Are clinicians mandated to report mothers who are using marijuana while pregnant or breastfeeding to child protective services?

The Child Abuse Prevention and Treatment Act (CAPTA) requires all states to have procedures for reporting when newborns or other children are exposed to illegal substances. In Indiana, there is no law that requires hospitals to report cases of prenatal exposure to marijuana. Ask your birthing hospital about the support they provide for women who use marijuana.

Breastfeeding Considerations

- Cannabis may allow harmful chemicals to pass from the mother to the infant through the breastmilk or secondhand smoke exposure
- This includes any form of cannabis (edibles, oils, or other concentrates)
- The chemicals can potentially affect a newborn's brain development, resulting in hyperactivity, poor cognitive function, visual perception, impulse control, and other long-term consequences.
- Breastmilk can contain THC for up to six days after use. Some studies are finding THC stores in breastmilk for longer.

For additional information on breastfeeding:
[in.gov/health/dnpa/nutrition/breastfeeding](https://www.in.gov/health/dnpa/nutrition/breastfeeding)

References: [Marijuana](#) | [Breastfeeding special circumstances](#) | [CDC](#)
[Marijuana Use During Pregnancy & Breastfeeding FAQs](#) - [HealthyChildren.org](#)