



# CANNABIS USE AND BREASTFEEDING



You want what's best for your baby and we do, too.

Breastfeeding has many known benefits. There is no safe amount or known benefit of using cannabis while breastfeeding.



## DOES CANNABIS TRANSFER TO BREAST MILK?

THC from smoking, vaping, or eating cannabis can be found in breast milk within 20 minutes of use and is present at least 24 hours after (up to 6 days).



## WHAT ARE RISKS TO YOUR BABY'S HEALTH?

Reported effects include:

CAN MAKE  
INFANTS SLEEPY  
&  
NOT FEED WELL



MAY AFFECT  
INFANT  
DEVELOPMENT



## CONCERNED?

Talk to your healthcare provider about safe alternatives to relieve pregnancy symptoms like morning sickness, trouble sleeping, anxiety and depression. Alternatives exist to address symptoms.



## FOR MORE INFORMATION, VISIT THESE LOCAL RESOURCES:

[www.1moreconversation.com](http://www.1moreconversation.com)

[www.letstalkcannabisvt.com/pregnancy](http://www.letstalkcannabisvt.com/pregnancy)

<https://vthelplink.org/>

