

Get Help!

We have resources to help you.

For more information, or for help to stop smoking, call:

**GATEWAY: Alcohol and Drug
Adult Managed-Care Services**
1 (800) 488-9919

Marijuana Anonymous
www.madistrict3.org
Call (408) 450-0796

For prenatal care information and referrals call
**Santa Clara County Public Health Department
Maternal, Child & Adolescent Health**
1 (800) 310-2332

Produced by

The Coalition for Alcohol & Drug Free Pregnancies
www.cadfp.org

**Santa Clara County Public Health Department
Maternal, Child & Adolescent Health**

Funding provided by

**Santa Clara County Department
of Alcohol & Drug Services (DADS)**

If You're Pregnant

Think About Your Baby's Health



Don't Use Marijuana



If You're Pregnant

Think About Your Baby's Health

Don't Use Marijuana

If you use marijuana during your pregnancy, it can hurt your baby's health. Your baby can have problems that can last for the rest of his or her life.

If you used marijuana before you knew you were pregnant, stop using marijuana now. You will give your baby a better chance to be born healthy.

If you want to get pregnant, do not use marijuana. You may not know you are pregnant right away.

If you smoke or ingest (eat) marijuana during pregnancy, it reaches the unborn baby through blood. Marijuana smoke contains some chemicals called carbon monoxide and carbon dioxide which decreases the supply of oxygen to the baby.

The sooner you quit, the healthier your baby will be.

How can marijuana affect your baby?

- Born too small
- Born too early (premature)
- Risk of baby being born dead (still birth)
- Excessive crying and shaking
- Poor growth
- Birth defects
- Developmental delays
- Behavior and learning problems

Babies, whose mothers regularly used marijuana during pregnancy, may have withdrawal symptoms like excessive crying and shaking.

Some effects of prenatal marijuana use can be seen years later.

Children, whose mothers regularly used marijuana during pregnancy, are more likely to suffer from attention disorders and learning problems later in life.

- Between the ages of 1 and 4, only a few negative effects may be seen.
- At ages 5 and 6, more problems with attention span and language difficulties may be found.
- At ages 9-12, the same problems may persist and increase. These children may have issues with problem solving, cause and effect relationships, and have lower reading and language skills.