

USING MARIJUANA WHILE PROVIDING CARE FOR ANY INFANT PLACES YOUR BABY AT RISK OF SERIOUS INJURY OR DEATH.

- **Being high while caring for your baby is not safe. Do not let anyone who is high take care of your baby.**
- **Marijuana can make people feel sleepy when they are high. It is not safe for your baby to sleep with you, especially if you are high.**
- **If you are high while feeding or holding a baby, you might fall asleep and place your child at risk of injury or suffocation.**



# ALLEN COUNTY CHILDREN SERVICES

*PROTECTING CHILDREN,  
STRENGTHENING FAMILIES*

Our agency has a vision for Allen County. To see it come true in our community, our team provides supportive and protective services that strengthen the families in Lima and Allen County. We also work with many partners in the community to make sure children are protected and families are supported so they can provide their children with a safe home.

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# MARIJUANA AND YOUR BABY



KNOW THE  
FACTS

## MARIJUANA AND PREGNANCY

Using marijuana while pregnant may harm your baby.

Tetrahydrocannabinol (THC) is the chemical in marijuana that makes you feel "high." Using marijuana while pregnant passes THC to your baby. Some hospitals test babies after birth for drugs. If your baby tests positive for THC at birth, Ohio law says Children Services must be notified.

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- Second-hand marijuana smoke is harmful for all of us. It is best not to smoke or vaporize marijuana in your home or around your baby or children.
- Marijuana use can affect your short-term memory, attention and reaction time. Parenting while impaired may reduce your ability to make good decisions and protect your child from harm. You may also miss your child's cues for hunger, comfort or to play and learn.
- Bed sharing is not safe but bed sharing while high makes the risk of sleep-related deaths even greater. Place your baby to sleep alone on his or her back in a crib, cradle or bassinet.
- If you possess a medical marijuana card, store your marijuana in a safe place so your children can't reach it. If you think your child took any form of marijuana, get medical help right away.

## KNOW THE FACTS ABOUT HOW MARIJUANA CAN POSE A RISK TO YOUR PREGNANCY AND BABY

*You should not use marijuana while you are pregnant OR parenting your baby, just like you should not use alcohol and tobacco while pregnant or taking care of your infant.*

Although some people believe that dabbing is a safer method of ingesting marijuana because it is so highly concentrated and a person only has to take one hit to get high, that couldn't be further from the truth. Simply put, there is no completely safe level of drug use. Any drug—regardless of its purpose—carries some risk. Dabs are no exception.

## MARIJUANA AND BREASTFEEDING

The American Academy of Pediatrics says mothers breastfeeding their babies should not use marijuana.

The THC in marijuana is stored in the body fat and can stay in your body for a long time. Breast milk also contains a lot of fat. If the THC passes to your baby through breast milk, it can stay in your baby's body for a long time as well.

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## The ABC'S OF SAFE SLEEP

Far too many infants have been injured or killed due to unsafe sleep practices. While most people know the ABCs of Safe Sleep (Babies should sleep **ALONE**, on their **BACK**, and in a **CRIB** with nothing else in it beyond a fitted sheet). We need parents to also understand their use of marijuana and other drugs can impair their ability to adhere to safe sleep guidelines.