

**Text from [Birth Defects Prevention Month 2019 Toolkit](#):**

“**Marijuana:** During pregnancy, the chemicals in marijuana (in particular, tetrahydrocannabinol or THC) pass through mom to a developing baby. They can harm a baby’s development. More research is needed to better understand how marijuana may affect mom and baby during pregnancy. However, it is recommended that pregnant women not use marijuana.”

**Client and Provider Resources**

**National**

Marijuana in Pregnancy/Breastfeeding | **MotherToBaby**  
<https://mothertobaby.org/fact-sheets/marijuana-pregnancy/>  
In Spanish: <https://mothertobaby.org/es/fact-sheets/marihuana/>  
Includes a brief summary of knowledge gaps.

Marijuana use in Pregnancy | **CDC**  
<https://www.cdc.gov/marijuana/factsheets/pregnancy.htm>  
In Spanish: <https://www.cdc.gov/marijuana/spanish/factsheets/embarazo.html>  
Includes Fast Facts – brief take home messages.

Marijuana and Pregnancy | **MOD**  
<https://www.marchofdimes.org/pregnancy/marijuana.aspx>  
Includes discussion of medical marijuana and multiple forms.

Marijuana Use During Pregnancy and Lactation | **ACOG**  
<https://www.acog.org/Clinical-Guidance-and-Publications/Committee-Opinions/Committee-on-Obstetric-Practice/Marijuana-Use-During-Pregnancy-and-Lactation>  
Committee Opinion 2015 with highlighted 2017 interim updates.

Substance Use While Pregnant and Breastfeeding | **NIDA**  
*Can marijuana use during and after pregnancy harm the baby?*  
<https://www.drugabuse.gov/publications/research-reports/marijuana/can-marijuana-use-during-pregnancy-harm-baby>

The National Institute of Drug Abuse (NIDA) provides targeted reviews of multiple substances:  
<https://www.drugabuse.gov/publications/research-reports/substance-use-in-women/substance-use-while-pregnant-breastfeeding>

**State**

Marijuana and Your Baby | **Alaska**  
[http://dhss.alaska.gov/dph/Director/Documents/marijuana/MJFactSheet\\_PregnancyAndBreastfeeding.pdf](http://dhss.alaska.gov/dph/Director/Documents/marijuana/MJFactSheet_PregnancyAndBreastfeeding.pdf).

Marijuana and Your Baby | **Colorado**  
[https://colorado.gov/pacific/sites/default/files/MJ\\_RMEP\\_Factsheet-Pregnancy-Breastfeeding.pdf](https://colorado.gov/pacific/sites/default/files/MJ_RMEP_Factsheet-Pregnancy-Breastfeeding.pdf)  
Includes some myth busters.