



**IF MOM'S HIGH,
THEN SO AM I.**



What pregnant and nursing moms need to know about pot.

You might be thinking about using cannabis while you're pregnant or nursing. But the facts speak for themselves—doing so can be harmful to your baby.





Keep your baby healthy— take a break from weed.



Using marijuana — recreational or medical — while pregnant or breastfeeding can be harmful to your baby's health.

Marijuana smoke, like secondhand tobacco smoke, is toxic — and those chemicals are not eliminated by vaporizers or hookahs.

Marijuana today is stronger than it has ever been, and that potency increases with vaping.

Marijuana use in any form can hurt your baby as early as the first trimester.

The research on marijuana use during pregnancy and breastfeeding shows a variety of negative effects on your baby — so it's best to take a break from weed until you've given birth and are done breastfeeding.

For more information about marijuana's effects on pregnancy and babies, visit **TheDirtOnWeed.com**.



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