

PUT a PAUSE on POT



PARENTING & MARIJUANA WHAT YOU NEED TO KNOW



PAUSE *while* PREGNANT

Marijuana is legal in the state of California, meaning adults can purchase, smoke, and consume pot recreationally. But it can pose serious risks to infants and young children. Take a pause and learn about the effects of marijuana, and how to protect children.



The things you eat, drink, and inhale during your pregnancy can pass to your unborn child. The possible side effects of consuming marijuana while pregnant include:

- Impaired fetal development
- Increased risk of stillbirth
- Low birth weight
- Slow maturity development

PAUSE *while* BREASTFEEDING

Much like when you're pregnant, substances you ingest while breastfeeding can pass through your system to your child. Infants who breastfeed can ingest an estimated 2.5% of the mother's dose of THC, or Tetrahydrocannabinol.



THC is a psychoactive ingredient in marijuana that can harm your baby's development.

Long-Term Effects

Not only can using marijuana while pregnant or breastfeeding cause initial complications, it can lead to lifelong complications as well. Some of these include:

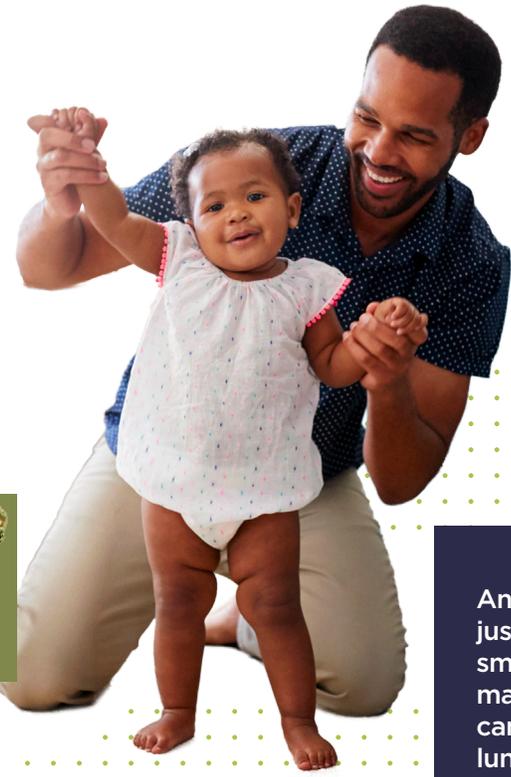
- Poor intellectual development
- Impaired memory
- Behavioral challenges
- Attention problems
- Lower verbal reasoning
- Depression

The American Academy of Pediatrics advises against using marijuana during pregnancy and while breastfeeding your child. If you are pregnant or breastfeeding and considering using marijuana, speak to your healthcare provider first to get the most up to date medical advice.



www.first5sanmateo.org

PAUSE *while* PARENTING



To adults, edibles may be an enjoyable way to consume marijuana. But to children, they look, taste, and smell just like candy or sweets, which makes edibles one of the most dangerous marijuana items to have around kids.

Look Alikes



Marijuana Edibles and Candy Look Very Similar

Can you tell the difference? If you can't, neither can a child.

A single pot cookie or candy can contain multiple adult-sized servings of THC. That means if your child gets their hands on edibles, they could possibly ingest a highly-dangerous dose of THC in a short amount of time.

Because of the way edible marijuana is digested, THC can take up to 60 minutes to have an effect. If your child accidentally ingests marijuana edibles, they can have overdose-like symptoms that include:

- Drowsiness
- Balance issues
- Extremely abnormal behavior

Keep it Out of a Child's Reach

For your child's safety, it's important to take active measures to ensure that marijuana be safely and securely stored.

- **Keep marijuana up and out of sight from curious children.** This is important at home, as well as when traveling or visiting other homes.
- **Put marijuana away every time you use products,** including those you use every day. Never leave products out on a counter or bedside table.
- **Use a medication lock box.** Children, even young children, can open marijuana products in their original packaging. A lock box provides a safe and convenient method for securing marijuana products.
- **Talk to other adults about marijuana safety.** Remind guests to keep marijuana products secured and out of sight when they are in your home. Ask about safe storage of marijuana products before sending your child to play at a caregiver or friend's house.



And remember, just like cigarette smoke, second-hand marijuana smoke can get into a child's lungs and affect them just the same.

Learn More



If your child happens to ingest marijuana, call the **California Poison Control** at **1-800-222-1222**.

- **AAP, Marijuana Use During Pregnancy & Breastfeeding FAQs:** bit.ly/2vmKLUj
- **Colorado Children's Hospital, Marijuana Safety in the Home:** bit.ly/2GtBuTC
- **CDPH, Let's Talk Cannabis:** bit.ly/2tPcPX7

If you or a loved one is dealing with drug addiction or substance use dependency, San Mateo County Behavioral Health & Recovery Services 24/7 ACCESS Call Center can connect you with information and referrals:

Toll Free (800) 686-0101
TDD for hearing impaired (800) 943-2833
www.smchealth.org/bhrs/aod



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