What you know about CANNABIS matters!

Cannabis Risks for NEW AND EXPECTANT PARENTS



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Nunavut

There is no safe amount of cannabis use during pregnancy and breastfeeding.



Using cannabis or being around cannabis smoke can affect the health of your baby.

The chemicals in cannabis are passed to your baby in pregnancy and breastfeeding.



The Safest Choice During Pregnancy and Breastfeeding Is to Avoid Cannabis.

Talk to your health-care provider for options to deal with nausea, vomiting or pain during pregnancy.

If you choose to use cannabis, use it less often and in smaller amounts. Choose products with lower THC and higher CBD to help reduce risks.

THC

If you use cannabis, consume it outside and away from your baby. Avoid using cannabis in your home or vehicle. Change your clothes before holding or breastfeeding your baby.

Don't sleep in the same bed as your baby if you use cannabis. Cannabis can make you less alert and affect your ability to respond to your baby.

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CANNABIS AND YOUR BABY'S HEALTH

Cannabis can affect your baby's health and how your baby grows.

- **Impact on Baby's Brain:** It could lead to problems with attention, memory, sleep and behaviour.
- **Early Birth:** Using cannabis during pregnancy can cause your baby to be born too small or too early.
- **Second-hand Smoke:** Cannabis or tobacco smoke contains many chemicals that cause breathing problems in babies.

Some of these effects can last a lifetime.



BE A SUPPORTIVE PARTNER OR FAMILY MEMBER

Support healthy choices by spending time together and enjoying activities such as being on the land, preparing healthy meals, sewing, crafting, or taking part in cultural activities.

Keep your home smoke-free.



No amount of second-hand smoke from cannabis or tobacco is safe.

HELP AND SUPPORT

- Talk to a health-care provider.
- Talk to trusted Elders, family and friends.
- Call the Nunavut Quitline at **1-866-368-7848** for confidential support from counsellors in Inuktitut, English, Inuinnaqtun or French.
- Text NUQUITS to 123456 for support and tips.
- Visit Facebook.com/NuQuits.
- Visit **nuquits.ca**.