

# 10 FACTS

## You Should Know:



1

### Smoking marijuana affects your thinking.

When you smoke marijuana, you can't make healthy decisions that are good for your pregnancy and your baby.

2

### Marijuana crosses very quickly from the pregnant woman's body into her baby's body.

The food you eat, the beverages you drink, the drugs you take – all pass directly from you to your baby.

3

### Smoking marijuana during early pregnancy can cause the baby to be born missing the front part of his or her brain.

Marijuana use in the first month of pregnancy can stop the baby's brain from ever developing, a condition called anencephaly.

4

### The rate of stillbirth is twice as high in pregnancies in which the mother smoked marijuana.

A baby is twice as likely to die in the womb when the pregnant woman smoked marijuana compared to pregnancies in which the mothers did not smoke during pregnancy.

5

### Smoking marijuana during pregnancy can make your baby very sick at birth.

Marijuana can cause the baby to be born too small and too soon and makes it more likely that the baby will have to be admitted to the newborn intensive care unit.

6

### Babies whose mothers smoke marijuana during pregnancy can be jittery, fussier than normal, and have trouble responding to you.

Marijuana can cause your baby to have the "shakes," to have trouble sleeping, and have trouble feeding. The baby can be very hard to comfort.

7

### Teenagers whose mother smoked marijuana during pregnancy have more behavior problems.

Smoking marijuana during pregnancy makes a child more likely to act out and get in trouble at school and home when he or she is a teenager. This holds true even after you include other things that could affect a child's behavior.

8

### Children whose mothers smoked marijuana during pregnancy are more likely to use marijuana when they are teenagers.

Even when lots of other factors—like family history and lifestyle, friends' marijuana use—are considered, teenagers whose mothers smoked marijuana during pregnancy are more likely to smoke marijuana and to start smoking marijuana earlier than other teenagers.

9

### Children who were exposed to marijuana in the womb have more trouble with thinking through problems and completing tasks than children who were not exposed to marijuana.

These problems affect how marijuana-exposed children make decisions, understand causes and consequences, complete tasks and how easily and well they learn in school.

10

### It is never too late in your pregnancy to quit smoking marijuana.

No matter how far along you are in your pregnancy, it is much better for your baby if you quit smoking marijuana than if you continue. The baby's body and brain will grow and develop better the sooner you stop using.

For published references and the evidence base for this information, please visit [www.ntiupstream.com](http://www.ntiupstream.com)



## STAY HEALTHY During Your Pregnancy