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Cannabis and pregnancy: protecting your baby's health and development

During pregnancy, certain substances can pass from your body to your baby. Cannabis contains chemicals that can cross the placenta and reach the developing baby. This means that when you use cannabis, your baby may also be exposed to it.

Scientific studies show that exposure to cannabis during pregnancy may be associated with certain risks to the baby. For example, some research has observed a link with lower birth weight. Other studies also suggest possible effects on brain development and learning or attention later in childhood. Researchers are continuing to study these effects to better understand the long-term impacts.



For this reason, health specialists recommend avoiding cannabis during pregnancy and while breastfeeding. This recommendation includes all forms of cannabis (e.g., smoking, vaping, consuming edibles, or using oils).

Some people use cannabis to relieve nausea, pain, sleep problems, or stress during pregnancy. If this is the case for you, be aware that there are often safer options available. A healthcare professional can help you find solutions that are right for your situation.

For more information, visit:

- [Society of Obstetricians and Gynecologists of Canada - Cannabis](#)
- [Health Canada - Thinking about using cannabis before or during pregnancy?](#)