

# Cannabis Use and Human Milk

## Is it okay to breastfeed or chestfeed and use cannabis?

Feeding your baby human milk is a wonderful choice to make for your health and your baby's health.

The part of cannabis that makes you feel 'high', THC (tetrahydrocannabinol), can stay in body fat, and pass through your milk, for around 30 days. Because of this, it is safest not to use cannabis, even though it is legal.

## How does cannabis affect my baby?

Cannabis can:

- make your baby drowsy
- make your baby weaker (low muscle tone)
- make it harder for your baby's muscles to work together to suck
- make it harder for your baby to get enough of your milk

Exposing children to cannabis during pregnancy or in early years can impact their brain growth, including:

- how well their memory works
- how well they pay attention
- how well they think, understand, and solve problems

Also, these children are more likely to have hyperactive behaviour.

## What if I choose to use cannabis anyway?

If you choose to use cannabis, here are ways to keep you and your baby as safe as possible:

- Try to use as little cannabis as possible.
- Try to use cannabis less often.
- Choose cannabis with a low amount of THC.
- Smoke cannabis outside instead of in your house or car.
- Use cannabis away from your baby.
- Make sure there is someone who can help you safely care for your baby.
- Change your clothes before holding your baby and before breastfeeding or chestfeeding.
- Place your baby in their own bed to sleep.
- Keep cannabis in a place where your baby and other children cannot get it.

## If I use cannabis, how can I keep sleep time safe?

Bed-sharing with your baby while using cannabis is unsafe. Cannabis could make you less alert and you could roll onto your baby and not wake up.

It is best to have your baby sleep on their own sleep surface in your room for the first six months.

### Where can I get more information?



#### [Fraserhealth - Cannabis](#)

For information on cannabis and your physical and mental health. Visit [fraserhealth.ca](https://fraserhealth.ca) and search *cannabis*.



#### [Safer Sleep for My Baby](#)

For how to keep your baby safe while sleeping. Visit [healthlinkbc.ca](https://healthlinkbc.ca) and search *safer sleep*



#### [Smoking, Vaping, Cannabis and Breastfeeding](#)

For information on cannabis, smoking, vaping and shisha and human milk. Visit [laleche.org.uk](https://laleche.org.uk) and search *cannabis*.



#### [Pacific Post-Partum Support Society](#)

For mental health and emotional support to new families and parents. Visit [postpartum.org](https://postpartum.org)



#### [Pregnancy Hub](#)

For information on cannabis during pregnancy and feeding. Visit [pregnancyhub.org/Substance-Use-and-Harm-Reduction](https://pregnancyhub.org/Substance-Use-and-Harm-Reduction)



#### [Canadian Mental Health Association](#)

For how to get help with mental health concerns. Visit [cmha.ca](https://cmha.ca)



#### [Fraser Health Virtual Care](#)

**Call 1-800-314-0999**

For health concerns, connect with Virtual Care to speak to one of our registered nurses on the phone or online, 10:00 a.m. to 10:00 p.m., seven days a week. Visit [fraserhealth.ca](https://fraserhealth.ca) and search *virtual care*.



#### [Fraser Health Crisis Line:](#)

**Call 1-877-820-7444**

Emergency help for mental health and substance use concerns. Visit [fraserhealth.ca](https://fraserhealth.ca) and search *crisis phone*.



#### [211 BC Directory of Services](#)

For information on community and government services. Dial or text 2-1-1. Visit [bc211.ca](https://bc211.ca)

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We use the words 'breastfeed' and 'chestfeed'. You might prefer a different word such as 'nurse'. Let your family, friends, and care providers know what word you prefer.

Adapted with permission from the [First Nation Health Authority](#), available at [Breastfeeding & Cannabis](#).