

Cannabis Use during Pregnancy

– Statement by the Canadian Association of Midwives –

The Canadian Association of Midwives is committed to health promotion and harm reduction pertaining to the legalization and regulated use of recreational cannabis products. Practicing midwives are informed by research, evidence based guidelines, clinical experience, and the unique values and needs of those in their care.

Our hope is the use of cannabis will be more openly discussed with healthcare professionals as the social stigma lessens over time. A trusting and open relationship is the basis for sharing information and implementing a non-judgemental, harm reduction approach.

Evidence suggests there is a possibility of adverse health effects on the pregnant person, fetus, and breastfed baby. Further research is needed to better understand the long-term health effects of cannabis consumption in any form. Smoking any substance during pregnancy is associated with lower birthweight. There is no known safe amount of cannabis use during pregnancy or breastfeeding.

In the absence of clear data, we discourage the use of cannabis for pregnant and lactating people as the effects are unclear. Further research is needed to allow people to make better informed decisions.
