

d. Cannabis

MODULE 1

Even though it's legal for adults in NB to buy cannabis (or marijuana), it should not be used while pregnant or breastfeeding. Using cannabis during pregnancy may cause your baby to be born with a low birth weight. It can also get to your baby in your breastmilk. Cannabis could harm your baby's brain and lead to life-long problems with learning, hyperactivity, depression, and anxiety. There is no safe amount to use while you are pregnant or breastfeeding. If you find it hard to stop using cannabis, you should try to cut back. Please talk to your health care provider or contact [Addiction Services](#) in your area if you need support.