



Additional Resources: Perinatal Health

The following resources provide additional information on cannabis use and its impact on your clients' lives. As there is a lot of information out there, we've only included sites and organizations that we trust.

Science and Cannabis Research

[U.S. Surgeon General's Advisory: Marijuana Use and the Developing Brain](#): This advisory from the Office of the Surgeon General highlights the most current research surrounding the impact of marijuana use on the teenage brain.

[Can Marijuana Use During and After Pregnancy Hurt the Baby?](#): This review of the literature published by the National Institute on Drug Abuse (NIDA) highlights key research findings regarding the impact of maternal cannabis use on perinatal health.

[Marijuana Use During Pregnancy and Breastfeeding: Implications for Neonatal and Childhood Outcomes](#): This clinical report from the American Academy of Pediatrics highlights research findings surrounding the impact of gestational cannabis use upon neonatal, infant, childhood, and adolescent outcomes.

[The Science of the Endocannabinoid System: How THC Affects Your Brain & Body](#): Want to learn more about the endocannabinoid system? Here is some more information from the researchers at the National Institute on Drug Abuse.

Fast Facts & Helpful Resources to Share

[Marijuana](#): A brief summary of the research on cannabis from the National Institute on Drug Abuse (NIDA).

[Marijuana and Pregnancy](#): This webpage offers a helpful summary of the research surrounding cannabis use and pregnancy, along with quizzes, videos, and educational materials that may be helpful for clients.

[Infographic on Marijuana & Pregnancy](#): This infographic, developed by the American College of Obstetricians and Gynecologists reviews the impact of cannabis use on mothers and offspring. This may be helpful to share with your patients and clients.

[Marijuana & Your Baby](#): This helpful fact sheet from the Colorado Department of Public Health & Environment offers helpful psychoeducational information for expecting and new mothers about the impact of cannabis use. It is available in English, Spanish, Vietnamese, Korean, Chinese, Somali, and Arabic.

[Marijuana & Pregnancy \(CDC\)](#): This patient-facing handout was developed by the CDC and reviews fast facts and questions commonly asked by expecting and new mothers about cannabis use.

[FDA Consumer Update - What you should know about using cannabis \(including CBD\) during pregnancy](#): This patient-facing update from the FDA reviews common questions asked by expecting and new mothers about CBD and Cannabis use and the potential impact upon perinatal health.

Helping Your Clients

[Marijuana, Pregnancy, and Breastfeeding Guidance](#): This helpful guide developed by Colorado's Department of Public Health & Environment offers a step-by-step guide to conversations about cannabis use for healthcare providers, and addresses useful strategies for conversations in prenatal care, at delivery, and in postnatal/postpartum care.

[Essential Reads and Video Guidance for providing Screening and Brief Intervention to pregnant mothers](#): This excellent list of resources compiled by MGH's Center for Women's Mental Health provides articles, resources, and a training video library to support your screening & brief intervention practice with pregnant women and new mothers.

[SAMHSA National Helpline](#): SAMHSA shares resources for support if a client needs help.