

# Cannabis and Parenting

## What is cannabis?

Cannabis comes from the cannabis plant. Cannabis is also known as weed, marijuana, hashish, hash, and pot. Cannabis can be inhaled (smoked), swallowed (e.g., in food and drinks), placed under the tongue (e.g., strips and sprays), or applied on the skin (e.g., oils and creams).

Cannabis contains hundreds of chemicals. The most researched of these is tetrahydrocannabinol (THC). THC is the chemical in cannabis that makes people feel “high”. The strength of the cannabis product depends on the level of THC in the product. Cannabidiol (CBD) is another chemical in cannabis. Unlike THC, it does not make people feel “high”.

## What are the risks to children when cannabis is used by parents?

There are serious, potential risks for young children whose parents use cannabis. These risks include:

- Poisoning
- Motor vehicle crashes if parents drive while “high”
- Risks from second-hand smoke

Children are at risk of poisoning if they eat items containing cannabis. Overdoses of cannabis in children are most common when children mistake foods containing cannabis for regular foods (e.g., gummy bears, brownies, lollipops). Smaller children are at higher risk of poisoning because of their size and weight. It is important that parents keep cannabis out of the sight and reach of children, if possible in a locked cabinet.

Parents can also put their children in danger if they are “high” while driving. It is also important that parents do not smoke cannabis around their children, since second-hand cannabis smoke may cause some of the same health problems for children as second-hand tobacco smoke.

## Where can someone get help to quit cannabis?

If you or someone you know needs help quitting, call the HealthLine at 811 for advice and support.

## Where can someone find more information on cannabis and parenting?

For more information about the potential effects of cannabis use before, during, and after pregnancy please visit the Saskatchewan Prevention Institute’s website at [www.skprevention.ca](http://www.skprevention.ca).