

# Evolving Information on the Safety of Substance Use in Lactation

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In this session, **Christina Chambers, PhD, MPH, a perinatal epidemiologist from UC San Diego and Principal Investigator of MotherToBaby Pregnancy Studies**, reviews what is known and what still requires further study on the use of alcohol, cannabis and other substances by breastfeeding women, and how this translates to clinical practice. Participants should leave this session with a better understanding of the potential effects of substance use on infant growth and development, how knowledge gaps in this area are being addressed, and how to translate current knowledge into clinical situations in midwife practice.

Participants will gain a clearer understanding of the potential short- and long-term impacts of maternal substance use on infants and learn how ongoing research is addressing current knowledge gaps. The session will also focus on translating this evidence into practical clinical guidance, including strategies for counseling breastfeeding women, supporting informed decision-making, and integrating risk assessment into midwifery care.

This webinar is designed to enhance the knowledge and clinical skills of midwives and other healthcare providers involved in maternal-child health.

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Continuing Education (CE) credits are available for ACNM members and non-members who view this session via the ACNM Online Learning Center.

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