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# Cultural Daily

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## Can You Be a Mom and Still Smoke Weed?

Our Friends · Wednesday, August 11th, 2021

We get it that being a mom is tough. From constantly cleaning up after them to ensuring they completed their homework on time, children are a full-time job. This is especially true if you have multiple children and you're a single mom. With no apparent end to the stress in sight, you turn to what gives you a quick and easy way to escape the hassle: marijuana. The high it produces, especially if you're using it for the first time, can make you feel like you're on cloud nine. However, there's a right and wrong way and time to use it. Here's what you need to know about smoking marijuana as a mom.

### How Marijuana Use Affects Parenting

Regardless of how much pleasure smoking a joint provides you, it can have an impact on your children. Not only does it increase the risk of them potentially using it themselves, it can also cause other [mental health issues](#) in them, like anxiety and depression. Since parents are every child's lead role model, they learn from your example. If you do indulge, you need to do it away from your children. That may mean waiting until they're in bed or when they aren't home. Even though cannabis is legal in many states, you don't want your children thinking it's okay for them to use as well, just yet anyways.

### Why Are You Using?

People use marijuana for many reasons. We've already briefly touched upon how parenting can be stressful, so let's continue on with that. Aside from looking after your rambunctious little ones, there are also other factors involved. Your job is something that can definitely cause you to feel stressed. In addition, financial issues can also cause feelings of anxiety, which using cannabis can alleviate.

Stress aside, maybe you use marijuana as a recreational activity. You may even be [willing to pay for quality](#) products, like the Volcano Hybrid Vaporizer. But as fun as it might be, it should go without saying that you should limit the quantity of marijuana you use. One exception where you can responsibly use marijuana around children is when it's for medical purposes only. Over the recent years, it's been proven that medical marijuana is a suitable treatment method for pain relief for certain medical conditions. It can also be an effective way and managing your anxiety.

### Tips for Using Cannabis Responsibly

Obviously, seeing as how you're a grown adult, you can do whatever you please and although the

goal of this article isn't to tell you what to do, we can tell you that you need to be responsible with how you use it. Avoid smoking around your children and do not smoke more than the recommended dosage if the substance contains THC. Think of smoking marijuana like drinking alcohol. If it's something you don't want your child doing, it stands to reason that you shouldn't be doing it around them.

You should also consider how using cannabis products will coincide with other goals you have. For example, if you are trying to follow [tips to lose weight](#), using cannabis strains that stimulate the appetite is counterproductive. Your smoking hobby should complement your life, not complicate it.

*Photo by [Elsa Olofsson](#) on [Unsplash](#)*

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