

ABC's *Good Morning America*

07/09/26

7:21:34 a.m. [TEASE]

4 seconds

ROBIN ROBERTS: And the moms who say marijuana makes them better parents.

(...)

8:00:58 a.m. [TEASE]

11 seconds

[ON-SCREEN HEADLINE: "Garden Moms"; High on Parenting]

MICHAEL STRAHAN: High on parenting. What some Garden Moms are saying, with videos racking up millions of views. Dr. Narula is here with what parents should know about the risks.

(...)

8:08:36 a.m. [TEASE]

7 seconds

[ON-SCREEN HEADLINE: 8:11; Garden Moms]

STRAHAN: Meet the Garden Moms who say — who say that pot helps them parent Dr. Narula weighs in on the trend.

(...)

8:12:26 a.m.

5 minutes and 7 seconds

[ON-SCREEN HEADLINE: *GMA* Cover Story; Marijuana & Motherhood]

STRAHAN: We're back now with our *GMA* Cover Story on moms turning to marijuana because they say it makes parenting easier. They call themselves garden moms and they're increasingly open about it online. Our chief medical correspondent Dr. Tarrin Arula has the story. You have some answers, doc. This have created some conversations here at this seat — at — this — couch. What did the science say about marijuana when it comes to, you know, mom-focused — oh, we have a piece first? Let's go to a piece first. I'm sorry.

TARA NARULA: Yeah, yeah, a little — a bit of a piece. You know, Michael, for generations, we'd heard about moms who would turn to that glass of wine after putting their kids to bed. But now, a growing number are saying marijuana is their tool of choice. They're using it during the day, but healthcare providers caution not so fast.

RACHEL GIBBS: We're not doing this to escape. We're not doing this to be bad moms. We're not doing this to get away from our kids. We're — we're using this as a tool.

NARULA: Texas mom of two and content creator Rachel Gibbs says cannabis doesn't check her out of motherhood, but rather helps her to check in and quiet the static in her head.

GIBBS: It almost, like, turns the background noise off. I'm not zoned out. I'm not in the fridge all day long. I'm not just, like, sleeping on the couch. My kids aren't running around. Like, that's — that's not it.

NARULA: And she says its impact on parenting her three and five-year-old kids has been tremendous.

GIBBS: I can get down to their level. I have more patience. It's calmed the nerves down. It's calmed the fight or flight. It's now in — freeze and let's work it through together. Like, we're on the same team.

NARULA: Rachel is far from alone.

TIKTOK USER AMYZWRLD: I know a lot of people hold shame, and I'm here to take that out of it. Gardening makes me a better parent.

TIKTOK USER TESS_UHHHHH: You already know coffee and coffee time, baby.

NARULA: Videos tagged by so-called CanaMoms or Garden Moms have racked up millions of views across social media. While Rachel says she uses cannabis four to five days a week, she insists there are hard rules around its use in her home.

GIBBS: If I am using cannabis, there is another adult home. I'm never driving under the influence ever. We do not ever have, like, actual cannabis out around our children. They do not see it.

NARULA: While more than 64 million Americans have used cannabis in the past year, approximately three in 10 people who use cannabis have cannabis use disorder. Addiction specialists suggest it shouldn't be thought of as a harmless alternative to alcohol. It also carries health risks, potentially affecting mood, memory, attention, and heart health among others.

APA COUNCIL ON ADDICTION PSYCHIATRY CHAIR DR. LIEF FENNO: Alcohol and marijuana both impair reaction time, they impair decision making, and if, you know, someone is taking charge of the care of a young child or some children, they may need to engage in life-saving care, make emergency decisions, operate a motor vehicle safely, and the regular use of marijuana before engaging in those behaviors can — can impair your ability to do so.

STRAHAN: All right, now, time for questions, Doc.

NARULA: Yes.

STRAHAN: Time for questions now. So, what does — what does the science say about marijuana's ability to help moms focus and free themselves of self-stress and anxiety?

NARULA: Well, Michael, the doctor we interviewed was very clear in saying medicine is — cannabis is not medicine, right?

ROBERTS: Mmmm.

NARULA: So, we don't have the rigorous trials we do for FDA-approved medications.

ROBERTS: Right.

NARULA: We don't really have the science to understand the benefits and the harms. The most latest research study we have is actually from this past year that looked at cannabis in its relationship to mental health disorders, and it was a big review, 50 studies that were out there, and they did not find any benefit —

GINGER ZEE: Hmm.

ROBERTS: Mmmm.

NARULA: — in terms of anxiety, PTSD, or psychotic disorders.

SAM CHAMPION: Wow.

NARULA: So, let's talk about the potential risks. We know that in high doses, cannabis can actually cause anxiety, paranoia, psychosis. Chronic use can lead to depression, alterations in your sleep, where you're sleeping more. And so, then we think about cardiovascular risks. So many people don't know about this, but we in the cardiology world talk about it, there is actually a link between cannabis use, no matter how you use it, smoking or eating it —

ZEE: Hmm. Or edible, yeah.

NARULA: — with heart attack, stroke, heart failure, and arrhythmia. We know that there's a concern for dependence, addiction, and withdrawal. It can interact with other medications, so lots of risks for the mom, potentially.

STRAHAN: Yeah.

ROBERTS: Yeah, okay, so the mom was watching right now — moms are watching right now, and perhaps they're — they're curious. What do you want them to know?

NARULA: Yeah, I think the biggest things we talked about the risks are moms, but let's talk

about the risk to kids. So, the American Academy of Pediatrics says you should not be using in front of your children, because that normalizes substance use.

STRAHAN: Mmhmm.

NARULA: You don't want to be smoking, because they could get exposed to secondhand smoke. You want to keep the edibles and gummies and things locked up and out of reach, and then the biggest issue is what you heard in the piece, which is, does it impact their decision-making, impair judgment, reaction time, if they're driving a car?

STRAHAN: Yeah.

ZEE: Yes, exactly.

NARULA: The doctor we interviewed made a great point, which is if you were leaving your kid with a daycare worker, or a nanny, or a teacher who had just used, would you feel comfortable with that? So, questions to ask.

ROBERTS: Mmhmm.

STRAHAN: And if you have to question it, most parents, of my opinion, say no to.

NARULA: Right. Many would say no.

STRAHAN: Yeah.

NARULA: Yeah.

STRAHAN: Thank you, Doc. Appreciate you.

CHAMPION: Eye-opening. I got to say —

ROBERTS: It was, yeah.

ZEE: Yeah, yeah.

CHAMPION: — that was one of those conversations —

ZEE: Really.

ROBERTS: Very true.

CHAMPION: — you weren't expecting, but really good combo.