



# Expecting Multiples

Discuss your special concerns with our Certified Childbirth Educator, who is also an experienced mother of twins. Topics include:

- Differences during pregnancy and childbirth
- Nutrition for multiple pregnancy
- Infant care of multiples
- Promoting individualization of the children
- Purchasing child care supplies
- Stress management for parents
- Peer support and resources

*\$45 per couple*

**For class dates and times visit: [www.hillcresthospital.org/childbirthed](http://www.hillcresthospital.org/childbirthed)**

**To register, please call 440.312.4647**