

# 'General Hospital' Star Teresa Castillo Is Expecting a Baby Girl



By April Littleton

*General Hospital* star Teresa Castillo and husband Shane Aaron are expecting their first child together. "It feels wonderful. This is the most joyous time of my life," the mom-to-be told [\*People\*](#). "It feels great to finally be able to share it with the world." The couple have been married since 2008.

**What are some ways you can prepare your relationship for your first child?**

## **Cupid's Advice:**

You're expecting your first child with your significant other and now you're unsure about what to do next. Keep calm. Now is

the time for you and your honey to enjoy this wonderful journey you're about to embark on. Cupid has some tips:

**1. Take classes:** Attend classes with your partner that will help you get ready for your new baby. Some of the classes you take will teach you more about breastfeeding, proper care for your newborn and proper breathing techniques when you go into labor.

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**2. Ask questions:** Don't be afraid to ask questions throughout your pregnancy. You'll need to prepare yourself and your partner for the lifestyle change and the only way to do that is through good communication.

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**3. Make room:** You and your significant other can work on the baby room together. Figure out what the colors of the child's room will be and make sure you and your partner both have equal say on the decisions the two of you make.

**How did you prepare your relationship for your first child? Share your experience below.**