



Lamar High School, Arlington, Texas

By Vanessa Boadi, Area V Secretary

BONDING WITH YOUR BABY

HOSA Area V, Chapter 5098 at Lamar High School in Arlington, Texas conducted a youthful and bonding moment for teenage mothers and fathers to connect with their baby.

Through a vast amount of research, HOSA members discovered a barrier held between some teenage parents and babies; therefore, decided to teach PEP (Parent Encouragement Program) about the importance of bonding with their baby. With the permission of Mrs. Finberg, the PEP teacher at Lamar High School, HOSA members conducted a meeting for teenage parents and their babies to come in for a chance to learn techniques and ways to connect with their babies in a comfortable and enjoyable way.

HOSA members developed a lesson plan to cover questions that parents have such as; why is bonding important, who should bond with your baby, when should you bond with your baby, and many more important questions which needed to be discussed. The main objective was the massaging techniques to make your baby more comfortable and relax when the baby may be fussy or crying. By creating a giant playpen out of desktop tables



they created an environment natural to the child; therefore, causing successful results for the babies.

Along with teaching massage tricks, they also taught the “Itsy Bitsy Spider” demonstrating that singing, reading, talking, and playing with their child is extremely important and also enjoyable by their baby.

HOSA members also created a PowerPoint with the information that needed to be announced to the parents such as choosing caregivers with experience, doing different activities with their baby to show diversity, and just showing love and adoration to their baby. The main information discussed

with the parents was that how the parents interact and treat their child will affect him or her physically, emotionally, and socially throughout his or her life. In conclusion, they gave goody bags to the parents, each containing a booklet with extra massage techniques, little books to read to their baby, chocolates for the parents, and a toy for the baby, and a bingo game to evaluate what they learned. The Bonding with your Baby was a major success and Chapter 5098 has accomplished a new and interesting event.

Holland Medical High

As an active chapter in Area 4, we are proud to present our new magnet school – Holland Medical High. The school offers us the opportunity to be a step ahead in the health science careers.

Holland offers a three level course that gives us the opportunity to earn a variety of certifications which are First Aid, CPR-AHA, CPA-AHA, CPR Adults, CNA, Pharmacy Technicians, Emergency Medical Dispatcher, Emergency Care Attendant, and Phlebotomy. Health Science Technology students will divide their time between Holland and their home campus (9th grade must spend first year at their home campus).

Holland offers:

Health Science 1, which gives students a basic but specific knowledge and skills in effective communications, ethical and legal responsibilities, client care and safety.

Health Science 2, which gives student the opportunity to develop a multi-occupational knowledge and skill, at this level student will be certified feeding assistant, and certified nursing assistant.

Health Science 3, which offers certification in Pharmacy Technology, and Emergency Medical Services.

The mission of Holland Medical High School is to prepare and produce quality healthcare workers to meet the needs of the Abilene healthcare community and the state of Texas. The purpose of Holland Medical High school is to provide a uniform quality education by integrating rigorous academics with relevant courses in healthcare for students in pursuing careers as health care professionals.

All of this would not have been possible without the help of our local health facilities. We are fortunate to have our local hospital lower the age requirement for employment purposes from 18 to 17. In turn we do not take from our community without giving back; we participate in local events and help our community by volunteering, public speaking to our future and current 9th graders, and also work in our local nursing homes with our CNA license.

It is a mutual relationship we have with our community and I am proud to be a member of this chapter in this area.