



Greetings to our members and friends.

Thanks to those of you who were able to join us for the March meeting. Prof Astrid Berg shared a fascinating presentation from the Zero to Three conference, which looked at the impact of the quality of the language environment on the learning of infants. To sum up, children who are exposed to quality language (not just quantity) have potential to learn better at school. Vocabulary matters, so reading has to be promoted. Dual languages are beneficial.

This month we will be heading out to the Northern Suburbs for the first time to network with like-minded professionals. Much interest has been shown in infant mental health so this is an opportunity to support the northern suburbs. Dr Anusha Lachman, will be presenting on *'The Shared Pleasure Paradigm. Exploring infant resilience in babies of mothers with severe mental illnesses'*. Dr Lachman is a child and adolescent psychiatrist at Stellenbosch University and a consultant in the Adolescent Inpatient Service and the Paediatric Consultation Liaison Service at Tygerberg Hospital. She is also the co-convenor of the new Master's Program in Infant Mental Health. Dr Lachman is completing her Ph.D and involved in research around maternal and infant psychiatry, paediatric neuropsychiatry and resilience. This presentation is relevant and should stimulate an interesting discussion.

Please note that our April meeting is in the northern suburbs and will take place on **Thursday 19 April at the Psychology Unit of Stikland Hospital**, 75 De La Haye Rd, Bellville, and NOT at the usual venue. Please note, that due to travel constraints of many professionals based at Stikland who will be attending the meeting, it will start at the earlier time of **18:30** to allow them to travel home safely afterwards. Visitors are very welcome to attend and there will be **no visitor's fee** this month.

For those of you who would like to become members of WCAIMH, subs of R375 can be paid into the following account

Account name: WCAIMH Standard Bank, Rondebosch

Account number: 274916401, Branch code: 051001

Please use your name and surname as a reference and send proof of payment to our treasurer, Barbara (email address below).

We look forward to seeing as many of you as possible at our first meeting this month in Bellville. Please consider sharing lifts with other members known to you, or if you would like some support in coordinating lifts, please contact our secretary, Jacqui.

Warm wishes,

Caroline and the WCAIMH Committee

Caroline (chairperson) caroline.sullivan20@gmail.com

Jacqui (secretary) jcouper@lantic.net

Barbara (treasurer) b.kantor@iafrica.com