



## MARCH NEWSLETTER

Warm greetings to all our valued members and friends receiving this newsletter. We hope your year has started well and you are continuing to make important contributions to the mental health of infants and families in your work. It is such a privilege to have so many talented and knowledgeable professionals in our group.

One such person is Mush Perrins, who gave us a very comprehensive presentation last month about the fascinating world of sensory development and integration in infants and young children. It was truly eye-opening to hear about ways in which sensory integration difficulties in babies can affect development. Skilled assessment and treatment or intervention can make a life-changing difference.

Another one of our most esteemed members, and indeed the founder of our group, Astrid Berg will be talking to us in March. Astrid is a Child and Adolescent Psychiatrist and Jungian Analyst. She was an Associate Professor at UCT and senior consultant at DCAP, where she headed the Parent-Infant Mental Health Service until 2015 when she retired. Fortunately, though, she continues to work in this space and attended the Zero-to-Three conference in San Diego at the end of last year. She will be sharing with us insights into an illuminating plenary presentation titled **How High Quality Language Environments Create High Quality Learning Environments**. This talk was presented at the conference by Kathy Hersch-Pasek of Temple University in the USA, who was kind enough to give her slides to Astrid to share with us.

We are really looking forward to this fascinating presentation, which should be of particular interest to Speech and Language Therapists and Educators, so please forward this newsletter on to any friends and colleagues you think may be keen to attend.

As mentioned at our meeting last month, we will be holding our April meeting in the Northern Suburbs to forge important links with a growing number of infant mental health professionals based there. Our thanks to Juane Voges, one of our members and SAPC rep, for coordinating this event. It will be a talk on “shared pleasure”

presented by Dr Anusha Lachman, and will be held at Stikland Hospital. More details to follow.

For those of you who have not yet paid your subs, the early bird rate (R325) is still available until 15 March, after which it goes up to R375, so please pay soon.

Account information is as follows;

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).

Non-members are always welcome to attend our meetings, and are asked to pay a contribution of R60 (in an envelope marked with your name please).

We look forward to seeing you all again at 7:30pm on Thursday 15<sup>th</sup> March at the Out-Patient Unit of the Division of Child and Adolescent Psychiatry (46 Sawkins Rd, Rondebosch, entrance in Liesbeek Rd). All are welcome.

Warm wishes,

Caroline and the WCAIMH Committee

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