



WCAIMH July Newsletter

Dear members and friends of WCAIMH,

At our June meeting, Dr Athena Pedro and Carushca de Beer presented their research on the experiences of fathers during the First 1000 days of life. Their research highlighted the importance of fathers' presence in the lives of their infants and their support for mothers. If you missed this meeting, please contact us for a link to the recording.

Please note that we have started implementing a new registration system for our monthly Zoom meetings, which has helped to minimise our administration burden. A link is sent with the newsletter where you can register for the talk if you are a member. Non-members will also be able to register, but would need to email us their proof of payment before the registration will be confirmed. If you have any difficulties with the registration, please let us know.

WCAIMH networking opportunity

After more than two years of no face to face meetings, we are very excited to host an opportunity to meet with fellow WCAIMH members and friends! You are invited to join us for dinner at Magica Roma, Pinelands on **Wednesday 3 August** at **7pm**. Dinner will be for your own account and we are looking forward to reconnecting with familiar faces and also meet newcomers to WCAIMH!

Please RSVP by 22 July 2022 by completing this form:

<https://forms.gle/hfwKLiowUq6sPhaXA>

Magica Roma's address is: 8 Central Square, Pinelands. We hope to see many of you there!

Contact us on wcaimhza@gmail.com

Juané Voges – Chairperson Salisha Maharaj – Secretary
Kirsty Gilmour – Treasurer Dijana Mitrovic – Media and Website Development

July meeting

We are excited to welcome **Raylene de Villiers**, a certified Good Night Sleep Consultant from **Good Night Baby**, who will be presenting on the topic “**Teaching parents good sleep hygiene for children of all ages**”. Good Night is a child and baby sleep consultancy that specialises in helping parents with children who struggle to sleep soundly and is tailored for parents who have difficulties with children who cannot sleep through the night. Good Night’s aim is to help parents with a responsible holistic approach to better day naps and overall sleep health. Her talk will cover the building blocks to good quality sleep as well as various myths around sleep training. Good Night is a member of the Association of Professional Sleep Consultants (APSC) which adds to their belief to remain accountable and responsible in their offering.



Raylene is a mom to 11 year old triplet girls, and she also has a 9 year old son. With four children under the age of 4, the only way for her to get a good night’s rest was to instil good sleeping habits when her children were very young. All four children were successfully sleeping through the night from 4 months of age by using all the methods that Good Night recommends.

By profession Raylene is a scientist with a Master’s degree in Chemistry, but her passion lies in helping others. This is the perfect vocation for Raylene, as she’s able to use her background in research as well as the skills she developed in raising triplets + 1. She’s a certified Good Night senior sleep consultant who successfully teaches parents how to help their own children sleep well.



Date: 21 July 2022

Time: 7pm

Platform: Zoom invitation

Cost: The talk is **free** for members. Non-members are welcome to join at a cost of R60.

Account name: WCAIMH Standard Bank, Rondebosch

Account number: 274916401, Branch code: 051001

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Please use your name and surname as a reference and email proof of payment to wcaimhza@gmail.com

We would like to kindly request that you do an EFT, and not a bank deposit. Contact us if you cannot do an EFT and we can make alternative arrangements.

Please **click on the following link to register** for the talk and details with the link will be emailed to you:

<https://us02web.zoom.us/meeting/register/tZwoc-yprj4oEtXpdWHRC1VsR1UaMH1Yfrp0>

After registering, you will receive a confirmation email containing information about joining the meeting.

Please note: Registration by WCAIMH members will be approved as we receive their registration confirmation. If you do not receive the confirmation email, please also check your Spam folder. Non-members should please email us their proof of payment, whereafter their registration will be approved.

WAIMH conference 2023

The 18th WAIMH world congress will be held in beautiful Dublin in Ireland from 15-19th July. #WAIMH2023 will be hosted by the Irish Association for Infant Mental Health.

The conference theme is **Early Relationships Matter: Advancing Practice, Policy and Research in Infant Mental Health**. We look forward to extending a warm invitation to our infant mental health colleagues across the world to share the latest scientific research, clinical experiences, scientific knowledge and cultural perspectives on a global scale.



Congress website: waimh2023.org
Contact email: waimh2023@in-conference.org.uk

A welcome video has been published on YouTube: <https://youtu.be/fd8lmobItHk>

Membership 2022

We are delighted that our membership is continually expanding. We would like to request that all new and existing members complete our membership form. If you have not yet done so, please find the form at the following link:

<https://docs.google.com/forms/d/1O1muQ3aV1rzCxYcFQihQhMtHxcWfdl9-1SPTVF2mqCM/edit>

Our annual WCAIMH membership fee has been maintained at **R375**. Membership allows you access to all 10 talks throughout the year. The talks take place on the third Thursday of the month and 1 CPD point is earned for each talk attended. Membership also allows for

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active engagement with the process of appointing a WCAIMH committee, decisions taken by the association and ultimately an affiliation to the World Association of Infant Mental Health. We are hoping that many of you renew your membership this year and that we gain many new members to allow us to bring you stimulating talks and provide members with new platforms to access resources and information.

To become a member, use your name and surname as a reference and email proof of payment to wcaimhza@gmail.com.

Banking information is as follows:

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Account number: 274916401, Branch code: 051001

Keep in Touch

We welcome any feedback or suggestions. If there are specific topics of interest that you would like us to pursue for a speaker evening, or if you would like to nominate yourself or a colleague for our member highlight section, please also get in touch. Our contact details are:

Email: wcaimhza@gmail.com

Website: www.infantmentalhealth.co.za

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