



## WCAIMH April Newsletter

Dear members and friends of WCAIMH,

Due to unforeseen and sad events, we were not able to host a speaker for the month of March and we apologise for any inconvenience this has caused. Instead, we made recordings of the 2021 talks available and hope that you were able to make use of the offer. If you are a paid member for 2022 (or 2021) you will be able to access any of the talks below:

Simply email [wcaimhza@gmail.com](mailto:wcaimhza@gmail.com) with your request and the talk will be forwarded to you.

1. Parental Embodied Mentalizing (PEM): Keeping Baby in Mind and Body by Dr Dana Shai
2. “Exploring the parental mentalizing capacity of mothers with peripartum psychosis” by Dr Juané Voges
3. “Early detection and early intervention for young children with autism in low resource settings in South Africa” by Dr Nola Chambers
4. WAIMH Symposium talks: Talk 1: “Babies born into stories” keynote address delivered by Helen Milroy at the opening of the WAIMH conference. Synopsis and discussion lead: Jenny Perkel  
Talk 2: “The body comes first. Epigenetic variations and embodied interactions in early adverse experiences” keynote address by Rosario Montiroso. Synopsis and discussion lead: Juané Voges  
Talk 3: “The cultural nature of early relationships and development”, Presidential symposium by Kai von Klitzing, Nandita Chaudhary and discussion by Campbell Paul that marked the end of the WAIMH conference. Synopsis and discussion lead: Salisha Maharaj
5. “Will I hurt him? هل أؤذيه إذا...؟”. By Kerry Brown
6. The 'good mother' construct: Informing parent-infant interventions in South Africa. by Dr Shioban Sweeney
7. “The relational impact of fathers on Infant Mental Health” by Brenda Cowley

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8. “A person’s a person, no matter how small”: The challenge to prioritize infant mental health in the national health system by Prof. Katherine Bain.

## April Speaker

We have the pleasure of sharing a talk by **Genevieve Putter**, a postpartum doula, coach and content creator titled **“Postpartum matrescence and motherhood in the digital age”**. Birth, postpartum, matrescence and parenthood in the modern age is hard enough as it is. Primary caregivers, particularly mothers have never been expected to do as much with as little support as now, despite growing awareness for gender equality. Throw the digital matrix into the mix, with the onslaught of momfluencers, 'experts' promoting everything from sleep coaching to breastfeeding, to freebirthing - and the polarizing viewpoints and opinions from all of them - and the online space can be like throwing gas on the fire of parental



overwhelm. But at the same time, especially after 2 years of living through a pandemic, the digital realm can also provide a lifeline for those who are struggling, and for anyone birthing and raising children. In her talk Genevieve will cover some of the major themes that have come up in the past 4 years since running her platform the New Normal on Instagram, how common narratives of motherhood, birth and postpartum are being challenged and why this is important in building community where nuance is the gateway to inclusivity and where parents, specifically mothers, feel seen.

Since becoming a mother in 2016, Genevieve’s life’s purpose has become to spread education around mother-centred care. After the birth of her son, she was severely unprepared for her journey into matrescence. After being diagnosed with Postpartum Anxiety and Depression, Genevieve made a full recovery, but it was during this time that the seeds of the New Normal were germinated. In April 2018 she launched the Instagram community and since then she has hosted events, in-person and digital support groups, and co-created an ante-natal workshop called Oh Baby, to support new mothers on this life-changing journey. She is a certified Postpartum Doula with Wombs South Africa, as well as a Postpartum Care Provider with the international organization, Innate Traditions. Genevieve also writes for various publications and online portals as #thedigitaldoula, with her most recent position as an online coach for Lil-lets South Africa’s, Lil-lets Talk maternity programme. She was born in Johannesburg, South Africa and now lives in the Bay of Plenty in Aotearoa, New Zealand with her husband

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and 5-year-old son. For more information on Genevieve's work, please visit <https://www.thenewnormal.support> and <https://www.genevieveputter.com/work/thenewnormal>

**Date: 21 April 2021**

**Time: 7pm**

**Platform: Zoom invitation**

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

Please use your name and surname as a reference and email proof of payment to [wcaimhza@gmail.com](mailto: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/tZ0rdOyopjMjHNExnRy11SbvmFC9UXYV4Qpg>.

## **WAIMH matters**

Herewith a reminder of the **Laying the Path for Lifelong Wellness Lecture Series** hosted by Infant and Early Mental Health Promotion (IEMHP) at The Hospital for Sick Children in Toronto Canada in partnership with the World Association for Infant Mental Health (WAIMH) and Tampere University. This series offers practitioners around the world the opportunity to hear directly from some of the pioneers and experts of infant and early mental health research and practice. This will include Dr. Jack Shonkoff, Dr. Charles Zeanah, Dr. Hiram Fitzgerald, Dr. Joy Osofsky, Dr. Hisako Watanabe, Dr. Astrid Berg, Dr. Diane Phillip, Dr. Sheri Madigan and many more.

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# LAYING THE PATH FOR LIFELONG WELLNESS

INFANT AND EARLY MENTAL HEALTH  
LECTURE SERIES 2022



A program of  
**SickKids**



WORLD ASSOCIATION FOR  
INFANT MENTAL HEALTH



The 2022 Lecture Series will be launched on a learning platform, which will give participants access to:

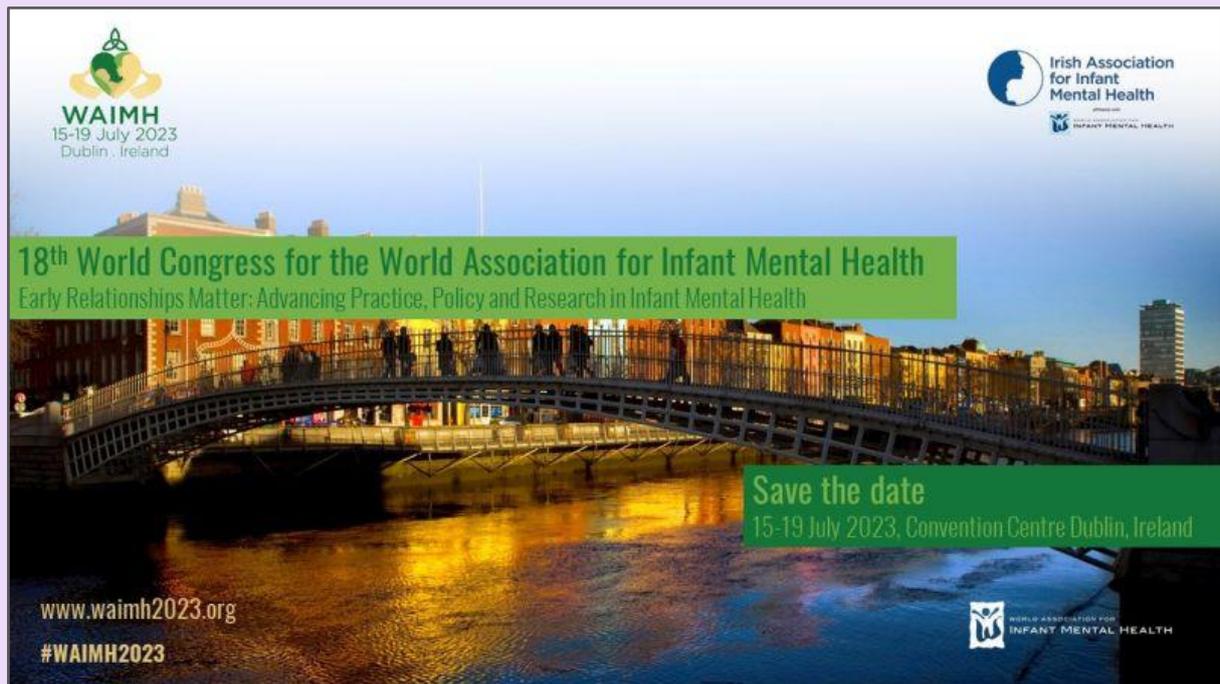
- 15 recorded lectures – each 2 hours in length.
- Lecture recordings can be viewed at the convenience of each participant.
- Each participant is eligible to receive a certificate of completion after all required enrollment and session evaluations.
- Participants will have their own account giving them the ability to track their progress through series.
- Access to additional resources provided by presenters.
- Each session will be available for 2 years.
- For those purchasing the new series, bonus access to the 2020/21 Lecture Series (an additional 26 hours of content) will also be included until September 2024.

For more detailed information, please visit <https://imhpromotion.ca/Learning-Centre/Expert-Lectures/Lecture-Series-2022>

WAIMH members will receive a discounted rate and group discounts for **10** or more participants are also available. If you are interested in being part of a group to register for this lecture series, please email us at [wcaimhza@gmail.com](mailto:wcaimhza@gmail.com)

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## Save the date!

#WAIMH2023 World Congress will be hosted in Dublin (Ireland) **15-19th July, 2023!**

The congress website is open! For more information, visit

<https://www.waimh2023.org/>

## Membership 2022

We have maintained the annual WCAIMH membership fee at **R375**. Membership allows you access to all the 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 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](mailto:wcaimhza@gmail.com).

Banking information is as follows:

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## 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](mailto:wcaimhza@gmail.com) Website: [www.infantmentalhealth.co.za](http://www.infantmentalhealth.co.za)

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