



**Western Cape Association
for Infant Mental Health**



WCAIMH August Newsletter

Dear members and friends of WCAIMH,

At our July meeting, Raylene de Villiers from Goodnight Baby shared her knowledge and experience as a sleep consultant with our members. She highlighted the building blocks for good sleep and provided useful information regarding their approach to helping families assist their infants and toddlers to have better sleep routines. This opportunity provided the attendees with insight into sleep training approaches and helped to dispel myths around the field. If you missed this meeting, please contact us for a link to the recording.

August meeting

We have the pleasure of introducing **Marlette Burger** as our August speaker on the topic **“A prospective longitudinal study of the impact of maternal mental health disorders on the neurodevelopmental trajectories of children during the first 18 months”**.

Marlette is a senior lecturer at the Division of Physiotherapy at Stellenbosch University, and she has recently completed her PhD research in the field of maternal mental health and infant neurodevelopment.

Her main research interest is paediatric neurology, with a special interest in early human neurodevelopment and the assessment of high-risk infants. She has completed the basic and advanced training in Prechtl's General Movements Assessment (GMA) of high-risk infants in Austria under Prof Heinz Prechtl and Prof Christa Einspieler. She has published in this field in more than 25 peer-reviewed local and international journals, presented her research at numerous congresses and has supervised several post-graduate students interested in this field. She is currently involved in the assessment and neurological follow-up of all high-risk infants at the Neonatal High-Risk Outpatient Clinic of Tygerberg Children's Hospital.



Contact us on wcaimhza@gmail.com

Juané Voges – Chairperson Salisha Maharaj – Secretary

Kirsty Gilmour – Treasurer Dijana Mitrovic – Media and Website Development

Date: 18 August 2022

Time: 7pm

Platform: Zoom invitation

Cost: The session is **free** for members who will receive the link to the meeting via email.

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

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/join/register/tZMof-Csqz0iE9IZnRiIdvfkRElhJiF4H9HC>

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 latest by **4pm on 17 August** thereafter their registration will be approved.

New CPD accreditation system

Since 1 February 2022 the HPCSA changed their CPD program from randomly selecting practitioners from their database to an online self-service capturing service where practitioners are required to continuously upload the required evidence of their CPD compliance. For our virtual meetings, all attendees will need to **scan the QR code** with their camera/ web browser during the meeting. A URL link will then appear on the attendee's phone which will direct them to the attendance register on their phone in the format of a Google Form. This form will need to be filled in and submitted. Please make sure that you have a **cell phone with camera** available for the meeting

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First WCAIMH social evening

We held our first in-person social evening on Wednesday 3 August at Magica Roma in Pinelands. Thank you to everyone who attended, it was a wonderful opportunity to reconnect and share our experiences since the onset of the pandemic. We hope to host more in-person events, please let us know if you have any suggestions for suitable venues.



MPhil in Infant Mental Health

Applications for the two-year, part-time Masters degree in Infant Mental Health at Stellenbosch University is currently open. Please see attached file for more information regarding the application process.

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/1O1muQ3aV1rzCxYcFOihQhMtHxcWfdl9-1SPTVF2mqCM/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

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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.

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 Website: www.infantmentalhealth.co.za

Facebook group:  Western Cape Association of Infant Mental Health

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