



WCAIMH June Newsletter

Dear members and friends of WCAIMH,

Our May speaker was Kate Armstrong who shared her research on the experiences of home-based and creche-based caregivers regarding their knowledge of the first 1000 days and their perception of their significance as carers. A rich discussion followed highlighting ways to support caregivers and highlighting the importance of their roles in the early developmental phases of infants. 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.

June meeting

We have the pleasure of welcoming two research psychologists, **Dr Athena Pedro** and **Carushca de Beer** as our June speakers on the topic **“Exploring the experiences of being a father during the First 1000 days of Life”**.

During the first 1000 days, it is critical that an infant receives adequate parenting, guidance and nurturing. These elements create and maintain an environment that encourages the cognitive, physical and emotional development of an infant. The father has the role of support structure, and although underestimated, their involvement is just as important as the mothers to amplify the successful development of the infant. The Nurturing Care Framework served as a theoretical framework to understand being a



father during the First 1000 days of Life. Using a qualitative methodological framework, semi-structured interviews of 15 participants were analysed to explore the experience of fathers within the first 1000 days. Dr Athena Pedro is a Research Psychologist and Academic in the Department of Psychology at UWC. She has a special interest in working with families and specifically children presenting with special needs, such as learning difficulties and

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developmental delay. She is particularly involved with the development of remedial programmes, presenting psycho-educational workshops for parents of special needs children and preschool educators. Much of her focus has been on providing support for parents and educators who are from impoverished communities.

Dr Pedro's passion and interest lies within the upliftment of communities by capacitating community stakeholders like parents, caregivers and teachers who are primary socialisation agents. She believes that this approach not only create direct positive impact at grassroots level but also ensures sustainable change within communities as community members/ stakeholders take ownership themselves.

Carushca de Beer obtained her Bachelors (2018) and Honours (2019) degree and is currently working towards completing her Master's degree in Research Psychology as well. She is motivated to create awareness regarding the importance of Early Childhood Development in South Africa, as well as to aid children in reaching their fullest potential for optimal development. Alongside her research supervisor and co-workers, she has assisted with various projects pertaining to the First 1000 Days of a child's life; and aspires to advance knowledge within this field of research.



Date: 23 June 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

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/tZEIcu-opzosHdyWyYtHhbHZnv0k0yjrvsu5>

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

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Infant Mental Health Awareness Week

To mark Infant Mental Health Awareness Week from **13 to 19 June 2022**, the UK National Centre for Family Hubs is hosting a free bite-sized training on trauma and cultural sensitivity, led by Professor Peter Fonagy and Dr Abigail Miranda. The Early Years in Mind network are offering a webinar aimed at all early years practitioners on the topic of trauma and repair on **Thursday 16 June, 16:30–18:00**.

To acknowledge Infant Mental Health Awareness Week's theme of 'Understanding early trauma', the Anna Freud Centre is announcing the next webinar in the free Early Years in Mind series aimed at all early years practitioners. This webinar will look at trauma and repair in the early years. This event will reflect on how global traumatic events and socio-historic trauma can be present in early years settings as well as developmental trauma.

Early years settings do not exist outside of wider societal structures. It is therefore important to be aware of how inequalities, discrimination and personal biases contribute to trauma, how this affects families, and most importantly, how we as early years practitioners can support with repair. Click here to reserve your free space: [Trauma and repair registration](#)

Sleep guidance

Sick Kids Toronto and their Infant and Early Mental Health Promotion team have put together a very useful guide to inform conversations with expectant and new parents on infant sleep. The guide describes scientific aspects around infant sleep, sleep states, challenges related to sleep and strategies to support healthy sleep routines. The guide may facilitate useful discussions with parents who report infant sleep difficulties and may be found here: https://imhpromotion.ca/Resources/Sleep-Discussion-Guide/Sleep-Discussion-Guide_AODA_Final.aspx

Upcoming scientific meetings

IACAPAP (International Association for Child and Adolescent Psychiatry and Allied Professions) conference in Dubai



Early bird registration ends 19 July. For more details, please follow this link: <https://www.iacapap2022.com/>

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Launch of the South African Child Gauge 2021/2022

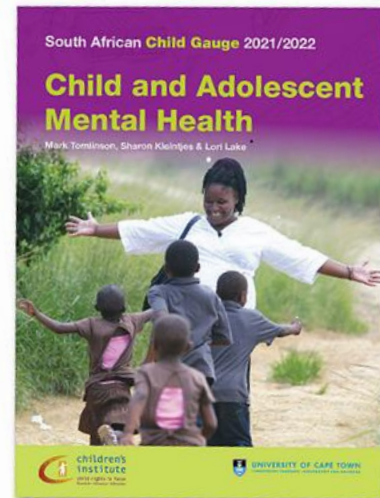
This sixteenth issue of the South African Child Gauge focuses attention on child and adolescent mental health and how early adversity ripples out across the life course and generations at great cost to individuals and society. It calls for a whole-of-society response to protect children from harm, build their capacity to cope with stress and adversity, and provide them with opportunities to thrive. This is a blended event. Please click on the link below to register for either the online or face-to-face programme.

Date: **Wednesday 15th June**

Time: **2.30 for 3.00 - 4.30pm** followed by light refreshments

Place: New Lecture Theatre, University Avenue, University of Cape Town

Link for registration: [Child Gauge Registration](#)



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/1O1muQ3aV1rzCxYcFQihQhMtHxcWfd19-1SPTVF2mqCM/edit>

Our annual WAIMH 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

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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.

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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

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