



WCAIMH May Newsletter

Dear members and friends of WCAIMH,

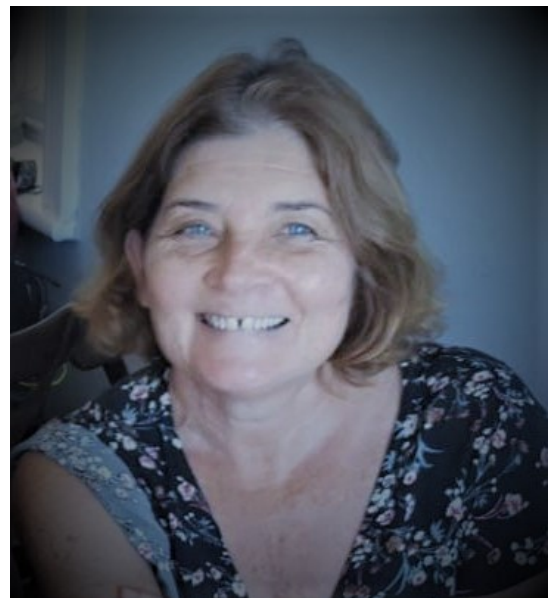
We had the pleasure of hosting Genevieve Putter, a doula and content creator as our April speaker. Genevieve reflected on her experience of supporting new mothers via online platforms and shared her honest and thought-provoking insights. If you missed this meeting, please contact us for a link to the 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.

May meeting

We are excited to welcome **Kate Armstrong** as our May speaker with the topic: **“Nannies or Creche: Exploring child carers’ knowledge of the first 1000 days and their perception of the significance of their role as carers”**.

Kate has been a practicing Educational Psychologist in Cape Town for over 20 years. During this time, she had become increasingly aware of the importance of early intervention. A neuroscience training from 2015 to 2019 introduced her to the work of affective neuroscientist Jaak Panksepp. His studies shed insights into what babies’ developing brains require from their environment. Panksepp’s ideas of parenting from a neuroscience perspective shifted the focus of what babies need and the role of parents. I felt this information was too important not to share and started running ‘Brain Child’ workshops in 2018. These workshops aimed to teach neuroscience principles of parenting and childcare in easy and accessible ways.



Contact us on wcaimhza@gmail.com

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Kirsty Gilmour – Treasurer Dijana Mitrovic – Media and Website Development

Kate's interest in supporting infants in the early years led her to register for Stellenbosch's MPhil Infant Mental Health which she completed at the end of 2021. The MPhil required a research project. Over the years working with families, Kate realised that infants spend more time with carers other than their parents. Home based and creche based carers therefore play a far bigger role as attachment figures than with previous generations. Training and support for child carers was therefore greatly needed and she planned to start workshops. Her research topic emerged from needing to inform her training for child carers. Kate wanted to find out how our child carers were doing and what resources they drew upon. She interviewed seven home-based and nine creche-based carers working in middle income areas of the Southern Suburbs of Cape Town with some surprising results. Among other findings, she found that none of the child-carers were aware of the 'first 1000 days' initiative. They did however describe themselves as being attuned and sensitive to the needs of the infants in their care, placing high personal value on their work, and acknowledging their role as an attachment figure. Further, the role of these carers was underestimated by both parents and the broader public. Home-based child carers were particularly vulnerable as all spoke of their needs being overlooked by their employers. Further research into the complex interaction between attunement, development and non-maternal purchased childcare is greatly needed.

To find out more about Brain Child and Kate's work:

083 635 5123

kjarmstrong@yebo.co.za www.brainchildcapetown.co.za



Date: 19 May 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/join/zoom/register/tZErdemhrjosGN2FJTFwTJGgMqEqswGj2ORr>

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News from around the world

World Infant Child & Adolescent Mental Health Day

WAIMH has connected with IACAPAP (International Association for Child and Adolescent Psychiatry and Allied Professions), WPA-CAP (World Psychiatric Association Child and Adolescent Psychiatry Section) and ISAPP (International Society for Adolescent Psychiatry and Psychology) to initiate a World Infant, Child, and Adolescent Mental Health Day (WICAMHD).

The specific aims are to:

Recognize the global importance of infant, child, and adolescent mental health, and

To advocate for the promotion of mental health and prevention of mental illness in infants, children, and adolescents.

WICAMHD was launched on the 23rd of April via a webinar with the theme “Minding the heart of the world”. The webinar is available on IACAPAP’s YouTube channel on the following link:

<https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fiacapap.us20.list-manage.com%2Ftrack%2Fclick%3Fu%3D5b6330837a48ebd25646f5401%26id%3D961e9ea921%26e%3De465c82703&data=05%7C01%7C%7C57dac0ada39c4607e10108da27f2bd29%7Ca6fa3b030a3c42588433a120dffcd348%7C0%7C0%7C637866221037101544%7CUnkn own%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ikh1haWwiLCJXVCi6Mn0%3D%7C3000%7C%7C%7C&sdata=CDYF%2FsLacg4KGOPaHmpqs5bFJ2w7rSEs3sUz69cNTXs%3D&reserved=0>

More information about WICAMHD may be found here: <https://iacapap.org/events/world-infant-child-and-adolescent-mental-health-day.html>



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World Maternal Mental Health Day

Since 2016 a multidisciplinary group of international maternal mental health activists, academics, clinicians and people with lived experience are coming together once a year to raise awareness of this important topic. Before long the steering committee had grown to include representatives from around the globe, all with a common goal of increasing awareness of maternal mental health issues. This year, World Maternal Mental Health Day was celebrated on **4 May 2022**. The campaign aims to raise awareness of maternal mental health issues so that more women will get treatment and fewer will suffer.



Key messages from the campaign are:

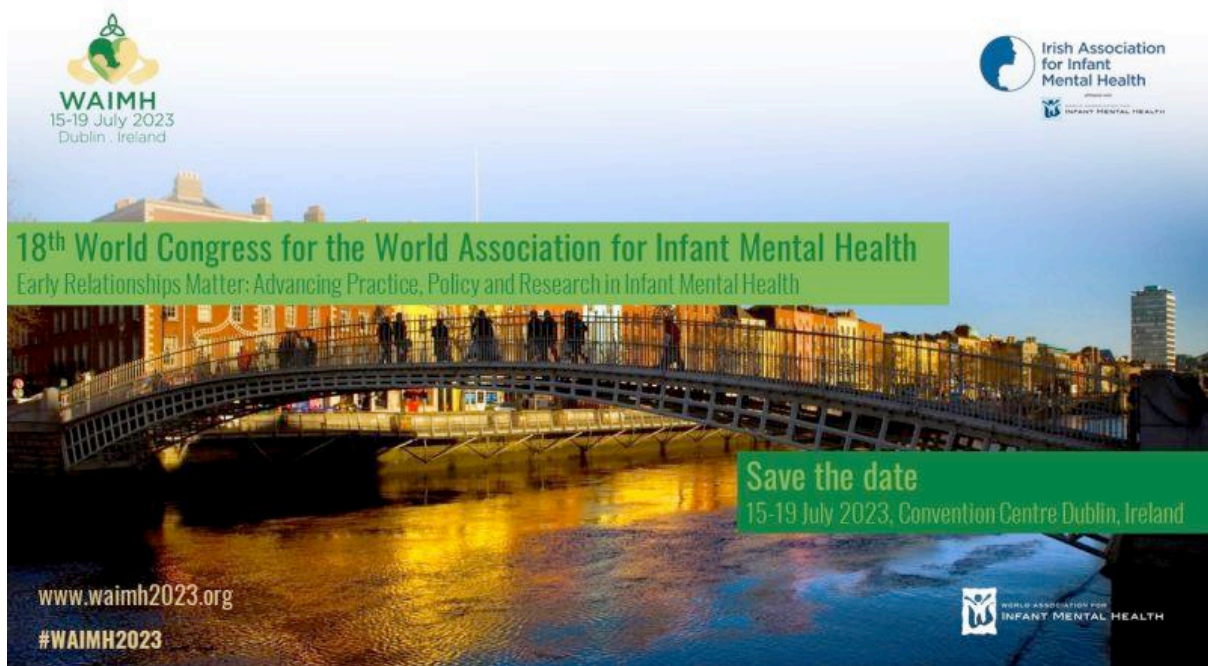
- Maternal mental health matters. #maternalMHmatters.
- Women, as well as their family and friends, need to know the signs of maternal mental ill-health and that they are not alone!
- You can find help and support for perinatal mental health problems.

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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 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 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.

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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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