



## WCAIMH November Newsletter

Dear members and friends of WCAIMH,

As the end of the year draws closer, we hope that you will find opportunities for reflection and restoration following what was a challenging year for many individuals and families. Expectant and new parents were likely faced with additional concerns during this stressful time and healthcare professionals have experienced the burden of increased demands. We hope that the coming festive period will bring with it some respite and opportunities for connection for you and your loved ones.

Brenda Cowley's presentation at our October meeting focussed on the important role that fathers play in infant mental health. She shared compelling research findings on the fathers' contributions and there was a rich discussion about how barriers to the inclusion of fathers in postnatal care may be addressed. If you were unable to attend the meeting and are interested in viewing a recording of the meeting, please let us know and we will send you the link.

## November meeting

Our **Annual general meeting (AGM)** will take place on **Thursday 18 November** from 19:00 and we would like to invite you to attend. If there are any matters that you would like us to put on the agenda for discussion or voting, please let us know via email.

Dr. Elmarie Malek will provide a brief overview of the initiatives in the public sector to promote infant mental health. Dr. Malek is the Clinical Head of General Paediatric and Neonatal Specialist Services, Paediatrics and Child Health at Stellenbosch University and Tygerberg Hospital and a longtime champion of infant mental health. We look forward to this informative session.

Contact us on [wcaimhza@gmail.com](mailto:wcaimhza@gmail.com)

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

**Date: 18 November 2021**

**Time: 7pm**

**Platform: Zoom invitation**

The session is **free**

## **WAIMH matters**

A new collaboration between WAIMH, Sick Kids Toronto, Tampere University and Tampere University Hospital is taking place and there are preparations for a webinar series on Infant Mental Health, with Board member Chaya Kulkarni and the WAIMH Executive Director taking the lead. The webinars will start running in the beginning of 2022, and we will keep you informed once the topics and presenters are confirmed. The webinars are a good way to reach out to members and colleagues from all over the world and communicate basic and new facts on Infant Mental Health. The aim is to try to cover both scientific and clinical perspectives on the topics in each webinar, and also to be mindful of viewpoints of different countries and cultures.

Two interesting articles were recently published by WAIMH's Perspectives in Infant Mental Health. The one article introduces and describes WePlay Denver, a culturally responsive, community-engaged, and evidence-informed parent-child play and support group. WePlay Denver offers groups in both English and Spanish within the local community. This article describes WePlay's approach, how the program pivoted to launch their first virtual groups, and shares the program's strengths, limitations, and future directions that may be applied to other early childhood and parenting support groups. To read this article, please follow this link:

<https://perspectives.waimh.org/2021/10/22/weplay-denver-introducing-a-flexible-caregiver-led-parent-child-group/>

Another describes the experiences of Child and Adolescent psychiatry residents working at a Covid-19 testing centre. As with many other healthcare professionals, the onset of the pandemic brought along with it many changes in the working environments for these residents. Their article presents a reflection on their work experience at a COVID-19 TC, in the middle of the pandemic, as a very challenging experience compared to their usual clinical practice. To read this article, please follow this link:

<https://perspectives.waimh.org/2021/10/29/the-experience-of-child-and-adolescent-psychiatry-residents-at-a-covid-19-testing-centre/>

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## **SAPC matters**

The SAPC AGM will take place on 17 November and a new EXCO will be elected. Please find their newsletter outlining the work done by the SAPC on behalf of all their member groups attached to this email.

## **CPD Certificates**

Our CPD certificates are issued once a year, for the calendar year rather than after each of our monthly meetings. Given that the talks were online this year, we would like to request that those who would like a certificate to send an email with your professional registration number and the months for which you require a certificate. Certificates will be issued as soon as they become available.

## **Resilience during time of Covid**

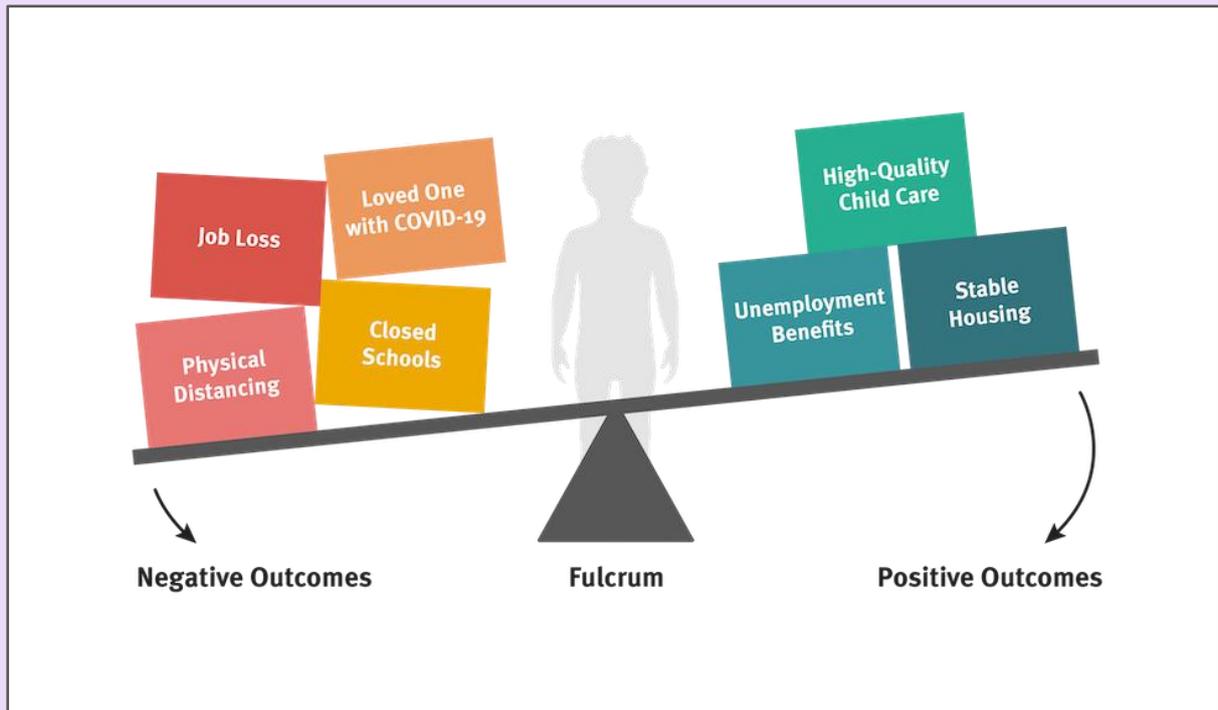
The Harvard Centre on the Developing Child recently published a resource guide focussing on resilience as a way to get through and overcome hardship. The resource guide highlights the importance of resilience and provides information on how this may be promoted, especially during the Covid pandemic.

Resilience is not something we're born with—it's built over time as the experiences we have interact with our unique, individual genetic makeup. That's why we all respond to stress and adversity—like that from the COVID-19 pandemic—differently. The image below represents resilience as a seesaw or balance scale, where negative experiences tip the scale toward bad outcomes, and positive experiences tip it toward good outcomes.

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For more information that may be useful to develop greater resilience in staff and promote resilience in the families we work with, please follow this link:  
<https://developingchild.harvard.edu/resources/how-to-help-families-and-staff-build-resilience-during-the-covid-19-outbreak/>

## 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)

Facebook group:  Western Cape Association of Infant Mental Health

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