



**Western Cape Association
for Infant Mental Health**



WCAIMH October Newsletter

Dear members and friends of WCAIMH,

As the year is fast approaching it's end, we are very excited to share exciting news with you! With the expansion of online capabilities and the growing need to collaborate across geographical boundaries there have been plans put in motion for a single association of infant mental health in South Africa. The **South African Association for Infant Mental Health (ZA-AIMH)** will allow all professionals who are interested in and who work with infants and caregivers to join a single national network. The vision thereof is to streamline professional development, advocacy, research and access information and opportunities that exist in the field of Infant Mental Health across the country and from around the world. At this current time, the Western Cape Association for Infant Mental Health and its Executive Committee will manage administrative matters related to creating a single South African Association.

We have the pleasure of honouring such a momentous time for Infant Mental Health in South Africa with a video message from President-Elect of the World Association for Infant Mental Health Emeritus Professor Astrid Berg. Please view the video on YouTube at the following link: <https://youtu.be/8ZCWKug4PGo>

We would like to invite you to join the South African Association for Infant Mental Health's mailing list by clicking [here](#). Details on membership and upcoming CPD accredited talks will be sent in January 2023 to those who register their email addresses. After this time there will no longer be mailing lists for GAIMH or WCAIMH.

October meeting

We have the pleasure of welcoming **Dr Sibongile Mpongwana-Ncetani** as our October speaker on the topic “**Experiences of Xhosa women providing Kangaroo Mother Care (KMC) in a tertiary hospital in the Western Cape, South Africa**”. She will be focussing on the burden of preterm births in low and middle income countries, and discuss KMC (Kangaroo mother care) as the strategy adopted by the WHO to



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combat death from preterm births. Research promote the advantages of KMC, but it is also known that cultural beliefs can be barriers to the uptake of this preterm infant care method. Her study focused on women who are Xhosa speaking, seeking to understand their experiences of this intervention and if they found it useful. Dr Mpongwana-Ncetani will explore the four themes that emerged from the study and discuss the recommendations that followed from her research.

Dr Sibongile Mpongwana-Ncetani is a fourth-year psychiatry registrar at Stellenbosch University. She feels passionate and called to inspire change and plant seeds of hope for the flourishing of the human soul.

As an opportunity to experience a shared ZA-AIMH community, the Western Cape Association for Infant Mental Health would like to open its CPD accredited October meeting to anyone who is interested, free of charge.

Date: 20 October 2022

Time: 7pm

Platform: Zoom invitation

Cost: Free

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/tZMkduygrTojGNbMp2ibR2quy2ZZDcN4D_OU

WAIMH conference 2023

The 18th WAIMH world congress, which 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 deadline to submit abstracts has been extended to Friday 28 October 2022. Prospective authors are invited to submit maximum of 300 word abstract (excluding the title, authors and affiliations) through the online submission portals:

- [Clinical Abstract Submission Portal](#)
- [Scientific Abstract Submission Portal](#)

All abstracts should be submitted in electronic form according to the [guidelines](#) and under one of the [review panel themes](#).

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

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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/fd81mobItHk>

AGM 2022

Please join us for our Annual General Meeting for 2022, which will take place on **Thursday 17 November at 19:00** via Zoom. The AGM will provide an opportunity for further discussion about ZA-AIMH. Anyone interested in joining the ZA-AIMH committee is welcome to let us know.

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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