



**Western Cape Association
for Infant Mental Health**



WCAIMH July Newsletter

Dear members and friends of WCAIMH, Marlette Burger was our August speaker who presented her investigation of the neurodevelopmental trajectories of infants over the first 18 months of life where their mothers had a psychiatric disorder during pregnancy and in the postpartum. Her talk highlighted surprising outcomes in that infants did not all exhibit delays in their development, despite maternal mental illness. If you missed this meeting, please contact us for a link to the recording.

Just a reminder that we have started implementing a new registration system for our monthly Zoom meetings, which has helped to minimise our administration burden. Please click on the link in the email or after the speaker description in our newsletter. If you are a WCAIMH member, we will get a notification and your registration will be approved. 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.

September meeting

We are excited to welcome an international speaker, **Flavia Medrea** for our September meeting. Flavia will present on **Parental mentalization abilities: a key to understanding child's mind and behaviour**. The talk will consist of a presentation on a critical literature review of three different constructs capturing parental mentalization: mind-mindedness, parental insightfulness and parental reflective functioning. The talk will briefly discuss every concept, emphasizing the mind-mindedness construct and its relation to a child's cognitive and socio-emotional development. Mind-mindedness is derived from the seminal concept of maternal sensitivity, being conceptualized as cognitive sensitivity to the child's psychological states, which enables the parent to engage mentally with his child. Mind-



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mindfulness is one of the most investigated parental mentalizing constructs, being linked to several types of parental and child outcomes in the literature. Mindfulness is positively correlated with cognitive and socioemotional child outcomes (e.g., theory of mind, executive functioning, perspective-taking abilities, social competence, attachment security, emotional and behavioural regulation). In addition to the theoretical discussion, Flavia will present insights from her own research on mindfulness and discuss future research directions.

Flavia Medrea is a Ph.D. student at the Doctoral School of Applied Cognitive Psychology, Babes-Bolyai University, Romania, under the supervision of prof. Oana Benga. Her educational background includes a Bachelor's Degree in Psychology and a Master's Degree in Counselling and Psychological Interventions in Human Development, both at Babes-Bolyai University, Romania. She has been a member of the Developmental Psychology Research Laboratory since 2016. Her main field of interest is Developmental Psychology, and her doctoral thesis investigates the concepts of parental mindfulness and prosocial behaviour in pre-schoolers. Her research analyses the degree to which parental mindfulness supports the development of the child's prosocial abilities and behaviour, taking into account both parental factors and individual factors.

Date: 15 September 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/tZEpf-Ggpj0uHdEhi2-XEelHkYeoq39Byz1O>

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**, whereafter their registration will be approved.

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Online resources

Brazelton Touchpoints is offering a series of three FREE virtual talks on the theme: *Learning to Listen: Conversations for Change*. The series kicks off on 28 September with Geoffrey Canada, Founder of the Harlem Children's Zone. He will share what he is learning with children, parents, and teachers about the many ways in which the pandemic continues to disrupt children's learning, development, and wellbeing, and his call to action – for all of us. Follow this link for more information and to register: <https://bit.ly/3x0HxKf>

The **Wisconsin Association for Infant Mental Health** recently launched new online resources to share with parents and caregivers with the theme: *The Power of Connection: Discover the Magic!* The website is filled with information on child development and relationship-building during the early years and includes engaging videos to illustrate current knowledge about empathy, connection, self-care to name but a few. To visit the resource, follow this link: <https://bit.ly/3ljAErG>



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/fd8lmobltHk>

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 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

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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.

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

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