



WESTERN CAPE ASSOCIATION FOR INFANT MENTAL HEALTH

FEBRUARY NEWSLETTER AND NOTICE FOR UPCOMING MEETING

Welcome to a New Year.

We are focusing on broadening our sphere of influence in the media this year and hope to provide nurturance, succor and stimulating exchange of ideas for our members. Community outreach and support remains a top priority.

The February meeting of the WCAIMH will be held on **THURSDAY 19 at 7:30pm** at the Out-patient Unit of the Division of Child & Adolescent Psychiatry, 46 Sawkins Road, Rondebosch (Building A).

To start our year, an international visitor from Yale University:

Prof Nancy Suchman is presenting

“Mothering from the Inside Out: Supporting Parenting Mothers in Recovery”

Prof Suchman’s focus is on supporting the dyad of Mom and baby in finding long term support for their emotional and relational development, and developing a therapeutic approach to enhancing maternal mentalizing capacities.

Our association, WCAIMH, was pleased to assist financially toward Prof Suchman’s current visit to South Africa where she is training carers at grass roots level.

Prof Nancy Suchman is an Associate Professor of Psychiatry and in the Child Study Center at the Yale School of Medicine in the USA. She presented an extended workshop for professionals in 2012 at the Red Cross Venue.

November meeting: In our previous meeting and AGM, Prof Astrid Berg discussed the concept introduced at our international conference: **The 1001 Critical Days: The Importance of the Period from Conception to Age Two**. As practitioners it is essential to spread the word of these crucial days wherein most brain synapses grow and to facilitate optimal responsive conditions for the future emotional health of our babies. Thanks to Astrid for highlighting this.

The current committee extended their term of office for a further 2 years as per our constitution

Contribution box:

In the spirit of sharing, we would like to introduce our “Contribution Box”. This is a box which will be passed around at the WCAIMH meetings for members to place strips of paper with information of an article or book that they have found useful, thought provoking or fascinating regarding infant mental health. It can be anonymous. If you would prefer to send an e-mail, we also welcome this avenue for you sharing your input. The information will be added to our webpage, www.infantmentalhealth.co.za, as a useful resource to refer to. Please browse on our updated webpage (and point others to it). Thanks to Kerry Brown who is heading up a subcommittee to enhance our cyber profile and has already been at work.

A Few Admin Matters:

The yearly subscription is R350. **Early bird fee before 1 April is R300**

Non-member guest contribution is R50 (in a named envelope, please).

Ad hoc guests are not eligible for CPD points.

Account details: WCAIMH; Standard Bank, Rondebosch,

Account no. 274916401. Branch code: 051001.

Community Project

This is a reminder that if anybody who is currently engaged in a community project that focuses on infant mental health and who would like the support and involvement of WCAIMH this year, to present their work to the committee. Community, infant-mental-health-related projects will be welcomed

On a lighter note, an excerpt shedding light on life in the 1500's:

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children. Last of all the babies. By then the water was so dirty you could actually lose someone in it. Hence the saying, "Don't throw the baby out with the bath water!"

Jeanine Beukes , Chairperson WCAIMH

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