



**Western Cape Association
for Infant Mental Health**



Last month

Greetings to all members and friends of WCAIMH.

Our July speakers, Dr. Meryl Forse and Dr. Rosie Dobel-Ober from Gateway Psychology presented on **Therapeutic Re-parenting**. Their TR-UST course (which stands for **T**herapeutic **R**e-parenting – **U**nderstanding, **S**upport, **T**echniques) utilizes attachment theory to provide adoptive parents, foster carers and residential caregivers a better understanding of ways to support the developing relationship with children in their care. Their course brings together current neuroscience knowledge, principles of effective interventions such as the Circle of security and practical techniques to facilitate attachment as well as understand challenging behaviors from an attachment point of view.

We sincerely appreciate the fact that they came to speak to us during a packed training schedule.

August speaker

We are very excited to announce that **Ben Truter** will be the speaker at our next talk on **Thursday 15 August**. Ben is a Clinical Psychologist with over 13 years' experience in the field of Autism Spectrum Disorders (ASD). He is the co-founder and Clinical Director of **Neurodiversity Centre**, a multi-disciplinary group that specializes in conditions on the Autism Spectrum and related neuro-developmental conditions. They have centres in Groot Drakenstein, Durbanville, Worcester and Somerset West. Ben widely delivers training in ASDs and is the sole Licence holder in Africa for training professionals in the DISCO diagnostic framework.

The talk will focus on **Autism** and it will address among other things, the presentation of Autism in infants and young children, the impact on parents, as well as the importance of thorough developmental assessment across all domains, in children with any neuro-developmental presentation.

For more information about the Neurodiversity Centre, please visit their website:

<https://www.neurodiversitycentre.co.za/>

WCAIMH News

Sadly, we bid farewell to **Elvin Williams** who has stepped down from his position of in the WCAIMH committee during the month of July. He has been appointed as a Faculty Advisor at the School of Allied Health Professions at the University of the Free State and this has culminated in additional demands and responsibilities.

We would like to thank Elvin for the time that he served on the WCAIMH committee, and wish him all the best in his future endeavours.

World Breastfeeding Week: 1-7 August

The theme of this year's World Breastfeeding Week is "**Empower Parents, Enable Breastfeeding.**" UNICEF and WHO is calling on governments and employers to promote 'family-friendly' policies in order to facilitate breastfeeding. Their recommendations focus on working parents, highlighting the challenges that mothers face when returning to work while trying to continue breastfeeding. Suggestions for at least 18 weeks of paid maternity leave, and paternity leave aims to encourage shared responsibility of caring for children on an equal basis. In addition, the need for access to a parent-friendly workplace to protect and support mothers' ability to continue breastfeeding upon return to work and affordable childcare should be prioritised.

A recent study from the Institute for Health Metrics and Evaluation (IHME) at the University of Washington's School of Medicine showed that only 3 African countries are expected to meet the WHO global target for exclusive breastfeeding of 6 months (DOI: 10.1038/s41591-019-0525-0). South Africa is unfortunately not one of them. For more information on World Breastfeeding week, visit:

<https://www.who.int/news-room/commentaries/detail/world-breastfeeding-week-2019-message> or <https://www.who.int/news-room/events/detail/2019/08/01/default-calendar/world-breastfeeding-week-2019>)

Membership

WCAIMH membership fee is currently **R375**

Banking information is as follows:

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 our treasurer, Barbara (b.kantor@iafrica.com).

Please also consider joining the **World Association (WAIMH)** of which WCAIMH is an affiliate. Details to join can be found at https://waimh.org/general/register_member_type.asp

Making contact

As always, we look forward to seeing you all again from **7:00 for 7:30pm on Thursday 15th of August** at the Outpatient Unit of the Division of Child and Adolescent Psychiatry (DCAP), situated in 46 Sawkins Rd, Rondebosch, entrance in Liesbeek Rd. **Visitors** are always welcome and can pay a fee of R60 (in an envelope marked with your name please).

We also encourage you to forward your **name** and **car registration details** to Salisha Maharaj for access to parking within the security area.

We always welcome any suggestions and feedback, please get in touch with us via **email** or via our **Facebook** page.

www.infantmentalhealth.co.za

