



**Western Cape Association
for Infant Mental Health**



Goodbye 2019...Hello 2020!

Happy New Year to all Members and Friends of WCAIMH!

We are looking forward to a stimulating year of talks and keeping members up to date with infant mental health related information, workshops and courses that will be happening around Cape Town this year.

We ended 2019 with our AGM where members got the opportunity to provide feedback and engage with the committee on future ideas and plans.

Some highlights from the meeting included:

- Ongoing discussions on the formation of the **South African Association of Infant Mental Health** with the Gauteng Association of Infant Mental Health
- Appointment of **Kirsty Gilmour** as our new **Website and Social Media Officer**
- Plans for further engagement with members through our website and social media, as well as real time surveys on evenings of talks
- R10 000 donation to The Parent Center

February Speaker

Towards the end of 2019, the Constitutional Court maintained its ruling that the "reasonable and moderate chastisement" of children as a form of physical discipline by their parents is unconstitutional. This decision caused relief amongst those who long advocated for such a law to be passed and an uproar amongst many South African parents who felt their right to discipline their children as they deem fit, were stripped away.

In our February talk, **Dr Susan Hawkridge** will describe the recent **Constitutional Court ruling on corporal punishment** and its implications, then look at the definition and epidemiology of corporal punishment, and the evidence concerning the outcomes of the practice. She will present an analysis of the arguments against and for corporal punishment, and some suggestions as to how to address the issue in the child mental health context.

Dr Susan Hawkridge is a registered child and adolescent psychiatrist. She is currently the head of child and adolescent psychiatry services at Tygerberg Hospital where she has worked in various capacities since 1993. She is a senior lecturer in the Department of Psychiatry, Stellenbosch University and a Clinical Associate in the Department of Psychology at Rhodes University. Her current service commitments include the co-ordination of child and adolescent forensic psychiatry services in the Western Cape. Her other areas of interest include early onset psychotic disorders, paediatric psychopharmacology, and community-based child mental health services.

We look forward to welcoming Dr Hawkridge as our first speaker of 2020 on **Thursday 21 February!**

March Talk Sneak Peak

Katharine Frost, Clinical Director of Ububele, Johannesburg is our speaker for **20 March 2020**. She will be offering insights into her work with the "Traumatized Baby"



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WCAIMH Membership

The annual fee to become a member of WCAIMH remains **R375**, an early bird rate of **R325** is payable before 31 March 2020.

Membership allows you access to all 10 talks throughout the year. The talks take place on the third Thursday of the month and 1 CPD point is earned for each talk attended. The committee has reviewed the process of how members obtain CPD certificates and now all certificates will be available to members at the end of each year. 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 more 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 our treasurer, Barbara (b.kantor@iafrica.com).

Banking information is as follows:

Account name: WCAIMH Standard Bank, Rondebosch

Account number: 274916401, Branch code: 051001

Upcoming Events

- The **17th WAIMH World Congress** takes place in **Brisbane, Australia**, from **7 to 11 June 2020**.
The conference theme is **Creating stories in Infant Mental Health: research, recovery and regeneration**. We have received **special permission to register** in the category for Low and Lower Middle Income Countries, which is a substantial reduction in the registration fee - \$440 down from \$680. We hope that this will encourage members to consider attending this wonderful opportunity to network with infant mental health colleagues from across the globe! **Early bird registration** is now open and runs until 16 March 2020. Please visit https://waimh.org/page/upcoming_congress for more details.
- The **Newborn Behavioural Observation Training** will take place in 2 training sessions, 16 and 17 March; 18 and 19 March 2020 at Tygerberg Medical Campus, Cape Town. The training will be run by **Katharine Frost** and **Nicki Dawson**. Please see the flyer attached for more details.

Making contact

We look forward to seeing you all again from **7:00 for 7:30pm** on **Thursday 21 February** 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 always welcome any suggestions and feedback about the Association, so please get in touch with us via **email** or via our **Facebook** page.

www.infantmentalhealth.co.za



NBO TRAINING COMES TO CAPE TOWN!

YOU'RE INVITED



Presenters:

Nicki Dawson
&
Katharine Frost

**Click here
to find out
what the
NBO is**

Newborn Behavioural Observation



What is the NBO:

The Newborn Behavioural Observation (NBO) system utilises carefully honed skills in observation of newborn regulatory, physical and social capacities to promote attuned parenting, and optimize the neurological and psychological development of infants.

Training in the NBO includes training in the careful observation of 18 newborn capacities and behavioural adaptations prominent from birth to the third month of life. It is designed to be easy to use and is a helpful tool for obstetric, midwifery, mental health, paediatric, occupational therapy, speech therapy, chiropractics, nursing and general practice professionals who work with parents during the crucial perinatal period.

DATES:

2 Trainings on dates:

TRAINING 1:

16th & 17th
MARCH
2020

TRAINING 2:

18th & 19th
MARCH
2020

VENUE:

Tygerberg Medical
Campus, Cape Town
Room TBA

TIME:

8AM - 5PM

CPD ACCREDITED:

HPCSA Accreditation
pending

COST:

R5000 (incl. VAT)

BANK DETAILS:

Bank:

First National Bank
Account Name:
Ububele Educational &
Psychotherapy Trust
Account No:
62316820621

REFERENCE:

Please reference your
payment with your Initials,
Surname and NBO
e.g. J.Smith-NBO

TO BOOK: Email Aneesa at aneesat@sun.ac.za



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